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WALES MARCH ON GARETH JAMIESON PAGE 44

NOT A DRY EYE IN THE HOUSE AS BRYNHILL'S SAM CARRIES OFF THE 'CAPTAIN'S PRIZE'

Sam (left) receives Brynhill's 'Captain's Prize' from Matthew Thomas.

THERE wasn't a dry eye in the house when Brynhill Golf Club's Matthew Thomas presented Sam Lazenbury with the prestigious 'Captain's Prize'.

by TIM CHAPMAN

Sam (23) had arrived at the club at the age of 14, a youngster with learning difficulties, but a burning love of golf.

As a young teenager, his parents, Amanda and Michael, had wondered whether Brynhill would take him on, and the club's junior section took him under its wing.

Sam explained: "When I lived in England my parents bought me a set of plastic golf clubs.

"I was only two years old but it got me started. My mother's father then began to teach me the basics of golf.

"We moved to Wales in the year 2000 and my father began to take me to Simon Cox's par three course."

Joining Brynhill Golf Club was Sam's 14th birthday present.

Matthew Thomas said: "Colin Harkin was junior captain at the time and deserves a lot of praise for nuturing Sam."

When Sam entered the 'captain's competition' he was playing off a 20 handicap.

Matthew said: "He was up against high quality golfers, some playing off 'scratch' or 'one'.

"It's the biggest competition at the club and played over two days – 36 holes.

"The better golfers shine through. It was a difficult contest to win because there were 92 competitors. Thirty-six holes over two days is a lifetime in golf. For Sam to win was remarkable. I've been here 10 years and haven't seen anything like it."

So how did Sam do it?

Sam emphasised: "I kept calm over the two days and stuck to my game plan – to play good golf and not get too excited. After I finished my final round, I was told I was in the lead but didn't get too excited or start celebrating."

Other golfers had to finish, but couldn't top Sam who completed the two rounds in 138 shots.

When club members gathered for their awards night there was one special moment everyone was waiting for.

Sam said: "When Matthew called my name the reception was massive!"

Matthew said: "When I presented Sam with the 'Captain's Prize' there was a standing ovation and there were grown men crying – the achievement was so amazing.

"The hairs were standing up on the back of your neck. I don't think I'll ever witness anything like it again. The applause was mind-blowing.

"His name will be in gold leaf on the Brynhill honours board for ever."

Pregnant woman was assaulted by ex-partner - court told

A 15-week pregnant woman was beaten up by her ex-partner when he broke into her Barry home where she was in the company of another man, Cardiff Crown Court heard, *writes AJ SICLUNA*.

by AJ SICLUNA

Bethany Lloyd was "petrified" and at one point, after her attacker had put his foot against her throat as she lay defenceless on the floor, he told her he was going to kill her.

Luke Hurst (30), a roofer of Stockwood, Bristol, was jailed for two years after he admitted a charge of causing actual bodily harm.

Judge William Gaskell told him: "This was a prolonged and vicious assault on a pregnant woman. Your behaviour was utterly contemptible and cowardly. You were a controlling, jealous man."

Prosecutor Gareth James said at the time of the attack, Ms Lloyd was at her home in Main Street, Barry. She had been in a relationship with Hurst for 11 years. They had separated, but had got back together when it broke down again because of his jealousy.

On June 28, she was in her home with a male friend. At about 11.20pm, she was in the living room when Hurst stormed in. She thought he must have got in through a bedroom window.

Her friend immediately left. Hurst examined her mobile phone and punched her to both sides of the face and nose.

"He grabbed her by the hair and dragged her into the hall, and continued to punch her. She struck her head against two picture frames, smashing the glass. He punched her again several times."

Mr James said he stamped on her thigh and put a foot against her throat before going to the kitchen and taking a black-handled knife, which he used in a "slashing motion" on her upper arms, causing scratches.

By now, he continued, she was weak and dizzy. Hurst told her he was going to kill her, repeatedly punched her legs and drew the knife across her wrist, before spitting in her face.

"Suddenly, he stopped, apologised and left," said Mr James.

She had many injuries, some to her feet, an arm, a cut wrist, bruising to the throat and bruising behind an ear.

Hurst was arrested shortly after, admitted the attack and expressed regret.

The court heard he had convictions for 50 offences, mostly drug related and for dishonesty. He had no convictions for violence.

His counsel, David Pinnell, said: "He has always been hard-working, but he lapsed into drug abuse. He accepts he was deeply jealous. He has apologised and there is no hope of rekindling matters. To say the least, he has lost everything."

The judge said that Hurst had been "indiscriminate" in the nature of his previous offending.

He told him: "Obviously, you should not go anywhere near your former partner when you are released."

He was ordered to pay a court surcharge of £140.

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Readers' Letters

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• Letters and e-mails MUST include your FULL address and a contact telephone number.

An email address alone is not sufficient!

We reserve the right to edit all letters. We do NOT accept anonymous mail.

Auditor General's praise for council 'rubs very raw'

I WAS delighted to read in The GEM that the Welsh Audit Office (WAO), has praised our council for its vision and commitment to the future.

As a resident of Rhoose, I have seen the council cut our local library service, mismanage the local refuse service and approve a massive increase in private housebuilding, without any evidence of investment in village infrastructure or services. Where is the vision or commitment to its ratepayers?

My MP (name constantly in print) is never short of criticism of our local councillors, so no doubt he will not see a photo opportunity in this marvellous decision by the WAO, although as Welsh Secretary we should be able to hold him accountable!

PR statements like this in The GEM from our council rub very raw in the week we see the builders take over their HQ offices to refurbish the building at a cost of many hundreds of thousand pounds!

No doubt the new floor tiles in the council chamber will cheer them all up when they hang their heads in shame.

Steve Reed, Rhoose

Happy retirement to park stalwarts

WE wish Gwyn and Glenda Maddox a wonderful retirement.

After 37 years as managers at Porthkerry Leisure & Caravan Park, they thoroughly deserve to enjoy retirement life in the slower lane.

After over a decade at this park ourselves, we have come to know them and they have given us an abundance of help and advice.

Good health and happiness to you both. You will be missed.

Bob and Christine Evans, Cwmbran

Grateful thanks

ON August 17, I had a fall in Holton Road and was kept overnight in hospital.

A number of people were very kind – the lady who attended to my face; the lady who called my family; Dave the TNT driver who phoned the ambulance; and Sue and Helen in A & E.

My grateful thanks to you all.

Audrey Thomas, Barry

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Time for a rethink about cycle routes

I READ with much interest, the letter by Keith Stockdale aka 'Grey Cloud' headlined 'Time for rebirth of cycling forum'.

So I will start by asking why cyclists do not readily favour the so called purposed-built cycle tracks springing up all over the Vale?

The answer is quite simple. Many cyclists using the roads of the Vale find it very hard to see the logic in the layout of these so called environmentally friendly cycle tracks.

I was once an avid cyclist until my health got the better of me. When I gave up regular cycling, today's cycling routes were in their infancy. I have studied the layouts of the modern cycle paths/routes and would say they are sometimes seemingly very dangerous when considering entry and access points.

The real problem with the designs of new cycleways is not that the cyclists ignore them, but they feel that these routes are flawed and ill thought out.

For example, you can be cycling along one of these tracks when all of a sudden it abruptly ends, forcing the cyclist out into fast-moving traffic.

The second example is both time consuming and again presents risk to the cyclist. They can be travelling along quite happily only to find they have to stop because the track has ended with a sign directing the cyclist across the main road to relocate the track, now on the opposite side of the road.

Nothing can be more frustrating for a cyclist than to be waiting at these crossing points (often over 20 times per journey) and having to wait for a safe gap in the traffic.

Unless proper planning and design goes into the building of these so called sustainable transport routes, then it is obvious the cyclist is not going to want to use them. This then angers motorists, as very often there are quite a few inconsiderate cyclists riding two abreast in heavy traffic.

It is time for a rethink.

The millions currently being spent on higgledy-piggledy cycle track schemes is just going to be a waste of money and will never work in a month of Sundays.

Barrie Vaughan Evans
(Co-oordinator, Barry First Group)

'I'm happy with Arriva trains'

REGARDING the letter (September 1) about the service provided by Arriva Trains, I hold a senior railcard and make frequent use of it and I have nothing but praise for both the punctuality and cleanliness of the service.

I have regularly been on a train, going to either Merthyr, Aberdare or Pontypridd, when a cleaner has come around and collected any rubbish.

I have also found the majority, yes majority, of trains do run on time. Occasionally, problems do arise, but in all honesty, tell me one walk of life when that does not occur.

I would also like to say a personal thank you to Arriva staff member, Tracey, who works in the office at Barry station, who was not only helpful but I could say went out of her way when I recently had to cancel a trip to Taunton, and had to re-book to Gloucester.

So here is one fare-paying passenger who is very satisfied with Arriva's standard of service.

Stephen Newman, Barry

Brexiteers ignored realities predicted by 'those in the know'

I NOTE that some Brexit voters are demanding triggering Article 50 today, if not yesterday.

The mass of Brexiteers voted to leave because they either swallowed wholesale the lies of the prominent Brexit pushers whilst ignoring the realities predicted by those in the know, or thought they were casting a protest vote which would change little if anything.

While we respect democracy, 48 per cent who voted to remain, including this constituency, cannot simply be brushed aside on a matter as crucial as this.

After all, the actual numbers who voted to leave are significantly well below 50 per cent of the entire electorate, many of whom did not vote because they were too confused by the ill-managed referendum campaign all round.

Therefore the matter should be laid before Parliament and a second referendum called if MPs so decide, now that the realities of Brexit are beginning to dawn upon those who cast their leave vote without due consideration.

I'd also like to question why some of your Brexit-voting correspondents do not reveal their name. What do they fear? After all, by all news accounts, it is some extremely ill-informed tiny numbers of Brexiteers who have been threatening the remainers.

No accounts that I have seen shown the reverse. Could they be now ashamed of their ill judgement (surely not!)?

Marc Delaney, Barry

GEM note: The GEM did report that a 'Leave' supporter, who had a poster in his car, had it scratched. The incident was reported to South Wales Police.

Confusion over Lavis family

IN David Andrews' response to my article, re my Barry family, he is mistaken in regards to Samuel Lavis.

My great grandfather was born in Higham, Somerset, as were generations before him. As the Lavises are many in Somerset, his Samuel Lavis of Pitney must be a different branch of the family.

If Mr Andrew could contact The GEM, I would be happy to put him in touch with my source.

Pat Parry

No planning for Brexit

I WOULD like to respond to recent letters regarding my observation in The GEM about the current lack of movement on Brexit.

Yes indeed; I would trust the current Government to negotiate the best deal for Brexit.

Our Government not only negotiates all the other aspects that affect our society on our behalf, both good and bad, but was responsible for having delivered the EU Referendum in which the majority of people who voted advised them that they wish to leave the EU.

Who else should negotiate it? I certainly wouldn't trust Jeremy Corbyn or Owen Smith to negotiate anything that was in British interests, and it is unlikely that Nigel Farage will be invited to build a Brexit negotiation team.

The longer that we are in this phoney Brexit period, the longer British industry is subjected to the uncertainty that comes with it.

International companies are faced with this uncertainty when making investment decisions.

My point is that if PM May sets a date for triggering Article 50, then this uncertainty evaporates. Until she does that, anything that she says or does is irrelevant.

In my mind, the current Government has been remiss in its duties when it delivered the EU Referendum.

Although part of the Government wanted Britain to remain shackled to the EU, it should have had in place a team and a plan for what to do should Britain vote to leave; as indeed it did.

Those of us who drive a car do not wish to have a puncture; but we carry a spare tyre all the same. We plan for that contingency and therefore are prepared when it should happen. We should have been where we are with Brexit today, on June 24, the day after the Referendum.

This brings me to the question raised by Mr Kennett. Britain knowing what the terms it would like for a Brexit should have been worked out with experts in their fields before the Referendum was announced. The Government has been either arrogant or incompetent in its managing of one of the most momentous events in recent history. I don't know which.

As running the country is not my occupation, it is my simplistic and layman's view that we should revoke the 1972 European Communities Act, thereby severing all treaties and obligations. This would instantly help our fishing industry and many small businesses.

Like everyone, I have a list of no-brainers that we should do; such as deporting those criminals that Brussels says we cannot deport, but until someone contacts me and offers me the job of running Brexit, I am happy to keep these to myself.

I hope this has answered your questions.

(Name and address)

HIGH TIDE TIMES
(UNTIL SEPTEMBER 15)

The high tides listed in this week's GEM are those in Porthcawl. It should be remembered that along the coast, high tide times will vary. For instance, in Barry, the high point will be 20 – 25 minutes later.

DATE	Time AM	Ht M	Time PM	Ht M
08 Thur	11.07	8.5	23.23	8.2
09 Fri	11.49	8.0		
10 Sat	00.11	7.8	12.51	7.6
11 Sun	01.22	7.4	14.14	7.3
12 Mon	02.58	7.3	15.46	7.7
13 Tues	04.18	7.8	16.49	8.3
14 Wed	05.15	8.4	17.39	9.1
15 Thur	05.59	9.2	18.23	9.7

While The GEM makes every effort to check the accuracy of tide tables, we recommend that anyone putting out to sea, or walking in an area where they could be cut off, should check with a tide table specific to their location.

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Water activities centre hosts 'open day' this Saturday

The Mole as Barrians remember it in the 1950s.

The present day site.

THE Community Water Activities Centre (CWAC) continues to grow and there are now more than 25 organisations using the centre.

It is planned that the new building will be a community centre with multiple uses.

People are being invited to a public open day on Saturday, September 10 from 12 noon to 4pm.

All visitors will be invited to advise what facilities and activities they would like included in the new building.

On the day, weather permitting, those that wish will be able to go afloat and experience sailing, kayaking, paddling in dragon boats, or just go around the dock in a RIB Safety powerboat.

The CWAC afternoon is planned to be filmed from the air, and streamed live onto Facebook, so sailors are advised to keep a smile on their face, as they could be on camera.

Barry-born author turns to 'dark side' with thriller

by GEM REPORTER

A Barry-born author known for romantic novels has changed genres and produced a dark thriller entitled *The House Sitter*.

Sandra Mackness, who writes under the nom de plume Jill Barry, has been generating quite a following among people who enjoy downloading romantic stories using the latest technology.

But as Sandra explained her latest offering took her "out of my comfort zone".

Sandra, now living in Newport, explained: "My latest novel has taken me to the 'dark side' and away from the usual romantic novels I enjoy creating.

"*The House Sitter*, set in a fictional mid-Wales location, is a tale of jealousy and manipulation and its female protagonist is more than a little creepy.

"I faced quite a challenge, writing out of my comfort zone, but enjoyed the process and was thrilled to find an enthusiastic publisher."

She was also pleased to use the Welsh countryside as the back-drop to the story.

"I'm fortunate to find so much inspiration in the land where I was born and grew up. There's magnificent scenery, whether coastal or mountainous, and I've featured it in more than one of my books."

One reviewer, who has read *The House Sitter,* said: *"Ruth is a delightfully horrid villain whose antics kept me turning the pages to find out where it would all lead."*

Sandra's literary ambitions were inspired by a famous English actor, George Baker, who starred in *I Claudius* and *Inspector Wexford*. At the time she and her late husband Tony were running a guest house in Wiltshire.

The House Sitter *is just out.*

George lived in the same village, had TV writing credits himself, and offered her encouragement.

She sent a story to BBC Wiltshire Sound, which was used, and it gave her the confidence to pursue her interest in writing. She then wrote stories for women's magazines before creating full-length novels.

Sandra said: "I haven't abandoned moonlight and roses. My novella, as usual under the name of Jill Barry, *Christmas Revelations*, is set in the 1920s, and will be published as a large print paperback on October 1.

"My seventh pocket novel for *The People's Friend* will be available on January 12 next year."

Sandra remains ever busy. She is currently fine-tuning a novel featuring a journalist turned celebrity chef and a handsome British tennis player. She is also looking forward to visiting Australia, where her son is to marry a girl from Victoria later in the year.

Sandra is hoping to catch up with Barry readers and writers in the town soon. Details of the event will be publicised in The GEM.

Meanwhile, her new book is available for e-readers and as a 'print on demand' paperback.

For more information, visit Twitter @barry_jill or www.facebook.com/JillBarryBooks/.

Search on Amazon for *The House Sitter* as a Kindle version or as a paperback.

Sandra Mackness, better known to her readers as Jill Barry.

Barry Rugby Football Club

NOTICE OF

ANNUAL GENERAL MEETING

to be held at The Clubhouse, Thursday, September 22nd at 7.30pm.

Propositions must be sent to the secretary in writing a week prior.

Forthcoming PACT meetings

GIBBONSDOWN PACT will be held at the Residents' Board Office, Coychurch Rise, Barry on Tuesday, September 20 at 10.30am.

MEET your local officers at Waitrose, Palmerston Road, Barry, on Thursday, September 29 between 11am and 1.30pm.

If you have any issues that are affecting your quality of life, but are unable to attend a meeting please contact 101 for non emergencies or log onto: www.south-wales.police.uk where you will find contact details for your local PCSO and you can contact them directly for non-emergency matters.

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'Unbecoming' of Conservatives to criticise councillor

ALTHOUGH a Conservative, I do not in the least find it in any way difficult to come to the support of Coun Lis Burnett, regarding the question of litter on Barry Island.

As a board member of Barry Community First, I have the pleasure of engaging with Coun Burnett on many occasions, and find her both helpful and hardworking.

There have been many reports in the local press of matters relating to Barry Island in which Coun Burnett has been involved. I therefore find it unbecoming of Alun Cairns, an MP who I voted for and still support, and also Andrew RT Davies AM, to try to imply it was her fault regarding the amount of litter left on Barry Island beach.

Sorry, gentlemen, it was not, and she does her best.

Coun Burnett is perfectly correct in saying all people have a responsibility to ensure Barry Island is kept clean. Equally, gentlemen, you are correct to call for more signs and bins.

Let's all work together to beat this problem.

Stephen Newman, Barry.

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The official opening of 'Wynter Isabelle' meant Jess achieved her dream with a just a day to go!

Jess with the apple of her eye Wynter Isabelle.

Jess's friends were on hand to congratulate her on the new venture.

Lauren Farnham of Sugar Blossom Bakery.

Jess with family and friends, including (centre) husband Gareth and his son Finlay.

JESS HILL had always harboured a dream – to open her own bridal shop by the time she was 30, and she managed it with just a day to spare!

The boutique 'Wynter Isabelle', located on Park Crescent, Barry, is named after her own daughter. It was an especially fitting tribute to Wynter Isabelle, the daughter she thought she would never have after being told she was unable to have children.

The shop opened on Friday, September 2, with lots of family and friends on hand to wish Jess well in her exciting new venture.

Among the designers Jess is being supplied by are Sweetheart (part of Justin Alexander) , Art Couture and Eternity Bride.

For more information, go to: *www.wynter-isabelle.co.uk/*.

New 'Zig-zag path lights up at night'

A LIGHTING scheme along the Zig-Zag cycle track, linking Penarth Heights to Terra Nova Way at Penarth Marina, has now been completed, with the lights being switched on to give pedestrians and cyclists increased visibility at night.

The path, identified by the council as an important measure to improve the environment for both pedestrians and cyclists, is now bordered by 31 LED units.

The units are fitted with timers which ensure they switch on at dusk, and switch off at dawn, allowing them to illuminate the path throughout the night.

Following a period of consultation, it was decided that the installation of robust, low-level lighting bollards along the route would prove to be more beneficial and appropriate for the location, environment and local wildlife, than traditional lighting columns.

The council secured funding to complete the work through a legal agreement with the developer of Penarth Heights, Crest Nicholson South West, which sought to improve sustainable transport routes within the vicinity of the development.

Coun Lis Burnett, deputy leader of the Vale Council and cabinet member for regeneration and education, said of the path: "The Zig-Zag path in Penarth remains a popular walking and cycling route linking the Marina with the town centre.

"The new lighting scheme represents the best and most efficient way of maintaining the easy-to-use route, whilst also increasing the visibility, at night, for its users."

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PLAID EXPRESSES CONCERN OVER DISRUPTION TO TRAFFIC

WITH the impending road works along Barry Road there have been calls for the Vale Council to do everything possible to minimise disruption.

Plaid Cymru Coun Chris Franks, said: "There will be major hold-ups along Barry Road between Barry and Dinas Powys on Monday and Tuesday, September 12-13.

"There will be temporary one-way restrictions between 9.30am and 3.30pm to allow the road to be resurfaced. The affected section will be from the Docks Link Road roundabout to the Cog treatment works.

"Vehicles will only be allowed to travel towards Barry. there will be diversions in the opposite direction, possibly via Penarth. Buses only will be permitted to use the road in both directions, so there will be traffic lights in operation."

Plaid has stated that it fully recognises the need to undertake road maintenance but that it remains very worried about the impact this will have across Dinas Powys, Penarth and Barry.

Mr Richard Grigg, chair of Dinas Powys Plaid Cymru, echoed these concerns, saying: "Although this work will be outside the peak hours, there is likely to be a great deal of inconvenience for many drivers and residents. We expect the Vale to take every measure to minimise delays to residents."

Pupils start new term

Pupils looking very smart in their new form group.

BARRY Comprehensive School welcomed new pupils in years 7 and 12 last week.

The year-7 pupils, who had the whole school to themselves on the first day, looked very smart as they took this important step on their 'learning journey', said a school spokesperson.

Headteacher, Gerard McNamara, welcomed the boys and outlined the challenges and opportunities ahead of them as they work towards their GCSE examinations in 2021.

Senior learning mentor David Williams spoke to the year group, explaining the high expectations the school has for attendance and behaviour, before sending the new pupils to meet their form teachers and start their lessons.

Wenvoe pub to host fundraiser for Great Ormond Street Hospital

THE Walston Castle Beefeater at Wenvoe is hosting a 'day of community fun' to raise funds for Great Ormond Street Children's Hospital.

The event takes place on Saturday, September 24.

Ben Murphy of the Walston Castle said: "Tickets are £4 per person, and will include a free pint of ale in our beer tents, live music and an evening disco."

Great Ormond Street Hospital provides world-class care and pioneers new treatments and cures for childhood illnesses. It supports families from across the UK.

Ben explained: "A number of local firms such as Trustmark Printers, Cardiff Blues, Cardiff Bouncy Castles, Brains Brewery, and also Otter, St Austell and Sharpes breweries have made much-appreciated contributions to ensure that the event goes smoothly and we have an excellent foundation on which to raise funds on the big day.

"I have been deeply touched by the level of community spirit that this event seems to have ignited in Wenvoe and the amount of support has been encouraging."

The Walston Castle Beefeater is located on Port Road, Wenvoe (CF5 6DD). For more information, call 02920 593896.

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'Barry carers were exceptional'

I THINK in life we are quick to criticise when things are not good and there has been a lot of bad press regarding poor care in nursing homes.

I think it is just as important to shout out when things are not just good but exceptional!

My mother (Patricia Fackrell), received her initial care in Orchard House, Barry, as a residential patient, using her money from a small house. She was happy and enjoyed her stay.

She then was diagnosed with pulmonary fibrosis and required nursing care. As she had to move to a nursing home, we decided to move her near me as I live just outside Brighton. The Vale Council supported me with her transfer and I was able to have quality time with her for 10 months.

As her condition progressed to the palliative stage, she felt the need to return home to Wales to end her days and I was fortunate enough to get a placement in Springbank Nursing Home, again this was with the support of the Vale of Glamorgan social services who arranged all the administration and processes.

Her care at this home has been outstanding! The nursing home is very homelike and comfortable and permitted my mum to bring her own furniture, also respecting that the room was her own personal space.

Residents are treated with respect, no matter what their physical or mental condition may be.

The staff are friendly, caring and supportive, extremely professional and very hardworking. I rarely saw staff standing around talking.

There was never a smell of urine or faeces and the home was cleaned continually through the day.

There was a nice selection of food and drink delivered through out the day and the door is always open to relatives.

However, it was really about the little things that the staff did. Sitting with my mum when she was anxious, respecting her dignity when she got to the stage that she was bedridden and needed the staff to do everything for her, taking the time to stop and listen and to change something to tailor to my mother's needs rather than what was easiest.

It has been a difficult and challenging time and sadly my mum has now passed away, but we couldn't have done it without the support and professionalism of Springbank's nursing and caring team, the management, and also the cleaners (they were so friendly and chatty with mum).

A special thanks to Emma (the deputy) and Louise from Springbank, and also the Marie Curie community nurses for their professionalism, all their knowledge and experience was clearly evident!

So thank you!

Nikki Best
(Patricia Fackrell's family)

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A fabulous four years for Dinas Powys foodbank!

Pat West, Margaret James, Jen Rowland, Lydia Loyns, Mike Grove, Keith Hatton of Nightingale Gardens, Helen Cresci and Dylan Loyns.

THE fourth anniversary of the foodbank, based at Bethesda Chapel, Dinas Powys, was marked with homemade cakes provided by Lydia Loyns.

Since its first few months, the foodbank has become an established feature in Dinas Powys. More recently, the Nightingale Gardens organisation has donated fresh vegetables.

Mike Grove, on behalf of the foodbank, said that he wanted to thank the gardeners of Nightingale Gardens for the constant support of weekly donations.

He said: "We have been going for four years and for the last two years our friends at Nightingale Gardens have been loyal supporters.

"We will be at the village show on September 3 and Bethesda Chapel will have a stand highlighting the work of the foodbank. In conjunction with Nightingale Gardens, we will have a 'guess-the-weight-of-the-marrow'.

"The prize will a tray of fresh fruit and veg."

He also thanked Texaco and Nisa on Cardiff Road, Dinas Powys for allowing collection points on their premises, and expressed his thanks to the foodbank volunteers.

The foodbank is open every Wednesday from 1.30pm – 2.30pm at Bethesda Chapel.

Variety show

MICHAEL GEORGE'S *London Varieties* show will be heading to the Parish Hall, Dinas Powys, on Saturday, October 8.

London Varieties will star local musical theatre singer Kelly Virgill, comedy legend 'Chase Me' Duncan Norvelle, ITV's *Coronation Street* actor Tony Barton and Michael George, the London Varieties Showgirls and a live band, led by musical director, Nigel Hart.

Tickets (£12) are available from Ticketsource on 0333 666 3366 or online at www.ticketsource.co.uk/londonvarieties.

War Museum

AFTER a recent successful Wartime Weekend, the Barry War Museum at Barry Island Station will open on Sunday, September 11 from 11am to 4pm for an opportunity to view artefacts and chat with volunteers.

Also, a handmade market will be at the station from 11am–3pm.

Local photographer's take on 'green lake'

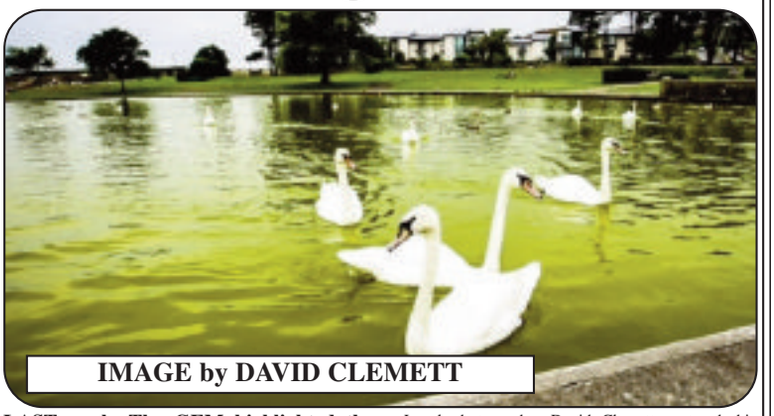

IMAGE by DAVID CLEMETT

LAST week, The GEM highlighted the 'Olympic tinge' to the Knap Lake.

The Vale Council explained that it was all quite natural – a profusion of algae spurred on by the hot weather.

Local photographer David Clemett captured this image of the green lake.

David encourages people to visit Barry and Barry Island on Twitter and Facebook, see Barry Island Riviera.

Late summer rambles presage arrival of autumn

PENARTH and District Ramblers took advantage of the fine weather recently with two walks, one in the Usk Valley and the other closer to home in the Vale.

On a humid morning, 15 walkers joined Rachel, crossing fields and tramping quiet lanes and the Llanellen stone bridge that spans the River Usk, they joined the Usk Valley Walk on the north side of the river.

Pleasant green meadows with lovely views to Blorenge and Sugar Loaf Mountain led to the site of Castle Arnold, a medieval fortified court house or 'Llys', and morning coffee.

Passing people fly fishing in the river and heading underneath the River Usk viaduct, the sturdy Pant-y-Goitre bridge, built by John Upton to carry the turnpike road, led them to the delightful St Mary's Church at Llanfair Kilgeddin for lunch using the preaching cross in the interesting churchyard for seating.

The only church of its kind in Wales, the interior holds beautiful wall panels illustrating the Benedicite in 'sgraffito' by the Hampshire-born artist Heywood Sumner, which are painstaking in detail and very unusual.

Narrow empty lanes led to Pant-y-Beiliau, the home of Trumpers Turkeys, along with sleeping pigs, a massive bull, a large, vociferous turkey and two sets of twin calves.

Journeying along the south bank of the Usk through Himalayan balsam and fields of tall maize, misty rain blotted out long distance views on the journey to Llanover, for a visit to the ornate family tomb of Sir Benjamin Hall, Lord Llanover, who gave his name to Big Ben in the Houses of Parliament, before fields led them back to their start.

On Bank Holiday Monday, a group of 10, plus Ramakin the dog, joined Joy at Rhoose railway station for a journey through seven villages in the glorious Vale.

Setting off through urban streets in Rhoose to the perimeter of Cardiff Airport, quiet lanes and fields led to Penmark village, then down through woodland and across the River Weycock for morning break in warm sunshine.

Then, passing through the hamlet of Pen-Onn, the birthplace of the famous Iolo Morgannwg, the road led them to St Cadoc's Church in Llancarfan and the pretty ford on the Nant Llancarfan.

Heading uphill through fields towards Aberogwrn Farm, a long-grassed field led them into the peaceful village of Llanbethery, followed by a difficult trek through fields of tall maize that opened out into glorious views towards the misty coastline of Somerset and led them into Llancadle for lunch overlooking the Kenson Valley.

Crossing the river and heading up through woodland onto Fonmon Estate land, a long trek by road passing Fonmon Pond eventually led to East Aberthaw and the lovely lake at Pleasant Harbour.

Then, crossing the salt flats, a stiff climb to Fontygary Leisure Park led them back along the clifftop in boiling hot sunshine back to Rhoose.

On September 10, meet at 9am at Cogan Leisure Centre for an eight-mile walk taking in Llanthony Priory, Hatterrall Hill and the Vale of Ewyas; contact Clive on 029 2065 4156.

To follow the group, log onto www.penarthramblers.wordpress.com or Facebook. Programmes and membership advice can be obtained from Pam on 029 2025 5102.

JOY STRANGWARD

School receives a welcome facelift

Holton Road School.

BARRY'S Holton Road Primary School received cleaning and refurbishment work as part of the continuing regeneration work being carried out for the Castleland Renewal Area (CRA) programme.

The programme, jointly-funded by the Vale Council and the Welsh Government, forms part of the CRA programme of works for 2016-17, and will complement the regeneration of the upper section of Barry's Holton Road.

The scheme aimed to see a comprehensive renovation of properties within the area, and has already seen a rolling programme of 'Facelift Schemes' for housing, as well as King Square being redeveloped.

Go to the Barry GEM for the latest stories and breaking news...
www.barry-today.co.uk

Bro Radio offers more coverage across the Vale

ON Friday, August 26, Bro Radio switched on a new transmitter, increasing its FM coverage across the Vale, a move which the volunteer-led organisation has spent the past three years working on.

By moving its existing transmitter, the station has been able to expand its FM signal, allowing the station to reach more people across the Vale.

The transmitter move would not have gone ahead without the support of the Vale Council, Barry Town Council, Llantwit Major Town Council, Llandough Community Council, the station's supportive advertisers and the local community which we serve.

Managing director, Clive Silver said: "The move is testament to the hard work of the staff and volunteers here at the station.

"It's not been an easy process, but we are really proud that the service we provide can now be heard across the wider Vale. We'd like to thank everyone who has supported the project and helped make this a reality."

The move is part of the station's ongoing commitment to providing a truly local radio service which it hopes the Vale can be proud of.

Now the move is complete, the station is looking to increase its volunteering numbers. It is looking for people who are passionate about music, the Vale or would like to pursue a career in radio.

To find out more information about volunteering, call Gareth Sweeney on 01446 420 681 or Gareth.sweeney@broradio.fm.

You can find out more about Bro Radio and the open day at broradio.fm, or by calling 01446 420 681 and tune into the station on 98.1fm.

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Council in top two for recycling

THE Vale has seen the amount of household waste prepared for reuse, recycled or composted increase by nearly 10 per cent since March 2015 to make it the second-highest performing of all 22 local authorities in Wales.

Councils face heavy Welsh Government fines if they fail to reach national recycling performance targets. The Vale has, however, now hit the 64 per cent target for 2020 four years ahead of schedule.

During the period April 1, 2015 to March 31, 2016, the Vale Council recycled 65 per cent of the waste it collected.

Coun Gwyn John, cabinet member for visible, leisure and regulatory services, said: "The Vale Council works hard to keep residents informed about what can be recycled and the impact on us all of missing Welsh Government's challenging targets.

"We have a highly dedicated team of refuse collectors who are out almost every day of the year and collect more than 50,000 tonnes of garden, kitchen and household waste every year.

"Most importantly, however, we have the residents of the Vale who, each week, work with us to sort their waste and put it out for collection. I would like to thank all Vale residents on behalf of the council for their continued support of our recycling schemes, particularly in light of recent changes to collection schedules, introduced to reduce operating costs while recognising the huge ongoing shift from black bag collections towards greater recycling."

The council's website features an A-Z guide of all recyclable materials to let residents know exactly what can and cannot be put into green bags and a postcode search tool that allows households to check their collections days 24/7.

Vale Council is 'driving forward improvements'

THE Welsh Local Government Secretary Mark Drakeford AM has welcomed the Welsh Audit Office report on the Vale Council.

Last week, The GEM reported that Wales' Auditor General, Huw Vaughan Thomas, had commended the council for its "clear vision" and "making positive changes".

Mark Drakeford commented: "I'd like to congratulate the council on this excellent report. As the Auditor General points out, there is a clear line of sight in what the local authority wants to achieve and how it intends to improve the lives of the people it serves.

"I was particularly pleased to see that in terms of governance, the cabinet is working very effectively with senior managers to drive change and meet local needs. Their coordinated, joined-up approach across the authority will, I'm sure, pay dividends.

"Driving forward improvements like this has its challenges, of course, but I'm confident that through the effective leadership already demonstrated, the council will be able to make key changes to public services.

"Equally important, of course, are the council's own internal procedures and it's encouraging to see its robust financial planning and performance management measures are taking effect."

Busy summer for Scouts

IT has been quite a busy summer for 1st Penmark with Porthkerry Scout group and Fourovus Explorer Scout unit and Network, members of which all enjoyed a 10-day international camp to Ireland.

It was the group's first international trip in 16 years. They left the Penkerry Scout Hut in Rhoose around 8.30am on July 29 to take three trains, a ferry and finally a coach to their destination of Castle Saunderson camp.

They all had new t-shirts and jumpers designed specifically for the trip, as well as Welsh neckers worn with their 1st Penmark with Porthkerry ones.

Unfortunately, the weather was not on their side and they experienced quite a bit of rain which turned the camp floor into a rather muddy and waterlogged carpet!

That, however, did not stop the intrepid campers from enjoying the rafting, shelter and fire building, climbing, sleeping in the woods, making Swedish candles, Latvian logs, doing archery and lots more.

They even took time out for a day trip to Dublin where some of the leaders tasted the delights of the Guinness brewery while others did some sightseeing and souvenir buying.

They returned 10 days later by the same modes of transport – coach, ferry and three trains. They were dirty and tired, but still smiling and singing in typical scouting fashion!

The case against the closure of Barry Crown Post Office is stronger than ever – *WE MUST NOT GIVE UP OUR CAMPAIGN*

ASSEMBLY NOTES

by VALE AM JANE HUTT
(Leader of the House)

THE announcement last week by the Post Office that they have decided, 'after careful consideration' to proceed with the permanent closure of Barry Crown Post Office was met with dismay, but was sadly no surprise to those thousands of people who signed my petition against the closure, and who gave strong and clear evidence at public meetings.

I do not believe there was 'careful consideration' by the Post Office as a result of their consultation. I believe the decision was made when they announced it earlier this year and they went through the motions of consultation, and I will be telling Post Office chiefs this when I meet them.

The fact that no new business came forward to offer the extensive range of services provided by the Crown Post Office when the announcement was made in January, proves the point.

I was assured that they would advertise for a new provider and, if no-one came forward, they would consult on a range of questions and they would genuinely use these responses to decide about the future of the Crown Post Office.

These questions included: 'How easy is it to get to alternative branches?', 'Are the alternative branches easy for you to get into and easily accessible inside?', and 'Are there any local community issues you think we should know about that might be affected by or affect the proposed change?'

As well as setting up a petition attracting over 4,600 signatures against the closure, I organised public meetings and attended the consultation meeting organised by the Post Office.

Many people have provided evidence, from personal experience, of how much they valued the access to the full range of services provided at the Crown Post Office by a highly-skilled and experienced staff.

Many residents also commented that the Crown Post Office is the only easy-to-access wheelchair-friendly Post Office with regular and accessible transport links in the area. One resident referred to it as "a lifeline for the elderly and the disabled".

With regard to the question about local community issues which might be affected by the change, the expansion and regeneration of Barry, including the redevelopment of the Waterfront with 2,000 new dwellings was just one key point raised. However, the Post Office said that this is not something they would consider 'because, as a retail business, property development is not part of [its] business strategy.'

At the meetings, people asked about the pressures on the Post Office at Christmas, when we know that up to 300 parcels a day can be received by the hardworking staff.

It is ironic that the Post Office told us last week that "it will retain the services at Barry Crown Post Office throughout the Christmas Peak period and the branch will cease trading on Saturday, January 2, 2017".

So, what about Christmas 2017?

We have been told that our hard pressed local post offices will be able to meet the needs of local people and businesses. I will be contacting them to discuss the challenges that lie ahead, but it is clear that the Post Office has made this decision to close the Barry Crown Post Office on purely commercial grounds.

The lease of the Crown Post Office building in Barry is up in early 2017 (although there has been extensive investment in the facility in recent years) and we are told it is a "business not a public service".

This is hugely disappointing to the customers, both people and businesses, who repeatedly told us that the Post Office is a vital service to the community. It is also a huge blow to the staff who are dedicated, skilled and experienced.

Let me know your views before I meet again with the Post Office to challenge this appalling decision to close one of our finest public services on our high street.

CRC welcomes new ideas from general public

CREATIVE Rural Communities (CRC), the Vale Council's rural regeneration initiative, is inviting people to come forward with "innovative ideas to take it in new, exciting directions".

It aims to develop innovative projects that will create long-term social and economic benefits for the Vale of Glamorgan.

According to a CRC spokesperson: "The CRC team can support and develop your ideas by helping you build new partnerships, and help you trial and learn from your experiences.

Your idea may require multiple kinds of support such as research,one-to-one advice, business advice, feasibility studies networking, and development."

If you have an idea for a project, contact 01446 704226, or e-mail create@valeofglamorgan.gov.uk.

For more information about CRC, visit www.CreativeRuralCommunities.co.uk.

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Water way to raise funds for RNLI

THIS September, the Royal National Lifeboat Institution (RNLI) is challenging people in Wales to give up all drinks except water for 10 days to raise vital funds for the lifesaving charity.

No tea. No coffee. No fizzy drinks. No wine. No beer. No orange juice. Just water for 10 days.

The 'H2Only' challenge runs from 5pm on Tuesday, September 13 to 5pm on Friday, September, 23 with participants giving up the drinks they love for 10 days and drinking nothing but water throughout the challenge.

Tomos Moore from Pwllheli RNLI, who took part in the charity's H2Only challenge last year, said: "The H2Only challenge is extremely tough. Going 10 days without a morning cuppa, a pint after work or a can of fizzy drink will be really hard for everyone taking part.

"Every pound raised is so important to the RNLI. As a charity, we rely on the support and generosity of the public so that we can continue to save lives at sea.

"All the money raised by people taking on the H2Only challenge will be greatly appreciated."

Everyone who signs up to take on the challenge will receive a pack containing two H2Only temporary tattoos to wear. The tattoos last up to 10 days – so participants can proudly display their exclusive H2Only 'ink' while taking on the challenge.

All those brave enough to take on the challenge can sign-up now at h2only.org.uk.

Follow @RNLI on Twitter or like the RNLI Facebook page for all the latest H2Only news and updates.

Artist's exhibition

A 'BETWEEN the Lines' exhibition by Glyn Pooley, at Pierhead Building, Cardiff Bay, September 23 – October 21 will comprise more than 65 inspirational people.

Since the project's modest beginnings in Barry in 2011, the list has expanded to include Dr Rowan Williams (former Archbishop of Canterbury), Carwyn Jones AM (First Minister for Wales), Dilys Colbourne MBE (campaigner) and Professor Baroness Finley of Llandaff.

James Sommerin cooks up a storm for local hospice

STAFF from the multi-award winning 'Restaurant James Sommerin', on Penarth Esplanade, enjoyed a dinner party to encourage local residents of the Vale to get involved in the new Marie Curie campaign, Dinner Down Memory Lane.

Marie Curie wants locals to host a 'Dinner Down Memory Lane' this October, and instead of asking guests to bring a bottle or a pudding, ask for a donation instead.

In doing so, diners will help people living with a terminal illness at the Marie Curie Cardiff and Vale Hospice, helping them spend quality time with their loved ones.

James Sommerin, chef patron and owner of James Sommerin Restaurant, said: "The hospice in Penarth is a wonderful place and I'm pleased to get behind the Dinner Down Memory Lane Campaign that helps such a local cause.

"It's easy to get involved and if our local community can all get together, we can help provide more nursing care for people living with a terminal illness at the hospice."

Dig out a family favourite or create a modern masterpiece – anything goes – and be the 'host with the most' by creating a meal to remember this October in aid of Marie Curie.

To sign up and get your free fundraising pack visit www.mariecurie.org.uk/dinner or call 0845 052 4184.

James Sommerin, Georgia Sommerin and staff.

Barnardo's call for foster parents

IT is 150 years since Victorian philanthropist Dr Thomas Barnardo began his pioneering work for destitute children.

Since then, countless children have been helped and Barnardo's Cymru is asking people to provide a loving, safe and secure home environment and to think about becoming foster carers.

"We are always looking for people with experience of teenagers as many of the young people we work with are teens and pre-teens," said Jason Baker of the Barnardo's Cymru Adoption and Fostering Service.

The charity particularly needs foster placements for teenagers, siblings, children with complex needs and those threatened by exploitation.

If you are interested in becoming a foster carer ring 029 2049 3387 or email bcafs-south@barnardos.org.uk

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Cloudy2Clear Announce Trusted Trader Partnership

Consumer champions Which? have now joined the thousands of customers who recognise that Cloudy2Clear Windows really are a business that you can TRUST. The company which specialises in repairing windows which are steamed up, broken or damaged by replacing the panes – not the frames has received the coveted 'Which Trusted Trader' status after going through a rigorous accreditation process entirely focussed on customer service.

Group Managing Director Marcus McGee believes that Which? have endorsed Cloudy2Clear's long standing company policy of delivering the highest standards possible at all times. 'Our service is simple. If your double glazing has misted up **we can replace the glass** at a fraction of the cost of a new window, in any type of frame, and with a new 25 year guarantee. But it's not just about saving people money, although that obviously helps. Whilst a number of tradespeople perhaps don't focus on customer care as much as they should do, we make sure we turn up when we say we will, do the job the customer requires and leave their house as clean as a whistle.

Locally Cloudy2Clear service Cardiff & surrounding areas and Welsh business owner Phil Powell agrees that this approach is a major factor in his success. 'The truth is that it's **not just the personal satisfaction** that I get from doing a good job but also it makes good business sense. I get a huge amount of business from friends and family of people I've done work for, which just goes to show how much a little bit of effort is appreciated as both my customers and, obviously a body as nationally important as Which? now recognise.'

So, if your windows are steamed up, broken or damaged give Phil a call for a free quotation on **0800 61 21 118** and he'll be happy to help!

"Cloudy2Clear GUARANTEE All Customers That An Average Quote Will Take No Longer Than 20 MINS!!!"

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‘Honouring Laura’s wishes was a no-brainer for me’

Laura and Jason Leigh.

THE number of patients residing in Wales whose lives were saved or improved by an organ transplant is up 24 per cent, according to the latest Organ Donation and Transplantation Activity Report, released ahead of Organ Donation Week (September 5-16).

This is the first ‘activity report’ since the introduction of opt-out registration and deemed consent for organ donation in Wales.

It also shows over the last financial year: A seven per cent increase in the number of deceased donors donating in Wales to 64 (was 60 in 2014-15); the number of donors after brain death increased by 13 per cent to 36 (was 32 in 2014-15), while the number of donors after circulatory death remained the same at 28; the number of living donors residing in Wales increased by 20 per cent to 49; 136 patients residing in Wales had their sight restored through a cornea transplant, representing an increase of five per cent.

It is welcome news for Bridgend’s Jason Leigh, (31), who lost his wife one year ago and honoured her wish to donate her organs to save someone else.

“Laura and I had been married for just five months and had been talking about starting a family when she suffered a sudden cardiac arrest and died three days later at this time last year.

“We were no strangers to talking about organ donation in our family. Indeed, Laura’s own father was only alive to walk her down the aisle thanks to his own life-saving heart transplant operation.

“So when it came to honouring Laura’s donation wishes when she died unexpectedly, it was a no brainer for me.

“Having discussed it together, I knew that she wanted to be able to give someone the opportunity to live when there was no other hope.

“I would encourage other people to follow our lead and share their organ donation decision with loved ones as soon as possible under the new system here in Wales.”

Wales became the first part of the UK to change the organ donation system when it introduced a ‘soft opt-out’ system.

People aged 18 and over who have lived in Wales for more than 12 months and who die in Wales, will now be regarded as having consented to organ donation – unless they have opted out. This is referred to as ‘deemed consent’.

People who want to be an organ donor can register a decision to opt in or do nothing, which will mean they have no objection to being an organ donor. Those people who do not want to be organ donor can opt out at any time.

Vaughan Gething said: “An increase in the number of people having their life saved or improved by an organ transplant is good news.

“Much of the data in the report is positive for Wales, showing things are moving in the right direction; but there’s still work to do. We know from the figures that 192 patients were waiting for a transplant at the end of March 2016 and 24 patients died while on the active waiting list for their transplant.

“I want to encourage everyone across Wales to talk with their loved ones about their organ donation wishes and that’s why our Time to Talk campaign is so very important.”

Llandough Hospital shuttle pilot extended

THE ‘shuttle bus’ service at University Hospital, Llandough (UHL) has been extended for a further year

The service was launched as a pilot to assist patients and visitors around the site. During the pilot, the shuttle service has been used more than 4,000 times.

The shuttle service is a partnership between Cardiff and Vale University Health Board and Royal Voluntary Service (RVS) and is run by volunteers. The volunteers pick up patients and visitors from the car parks and hospital entrances and help them to reach their destination.

Peter Welsh, general manager at UHL, said: “The shuttle service has been a great addition to the hospital and has helped patients and visitors around the site which can be steep in some places. We have received very encouraging feedback from users of the service and we are pleased to continue this partnership with the Royal Voluntary Service for another year.”

RVS is currently looking for volunteers to expand the service so it covers core hospital times. To find out more and to request an application, please contact 029 2002 7855.

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4 Medi 2016
Gwyl Creftau ar yr Arfordir
(Digwyddiad agored)

Diwrnod Lansiir Wyl. Dathlad o Gelf a Chrefft wedi'u hysbrydoli gan yr Arfordir Treftadaeth – gweithgareddau ymarferol, arddangosiadau, siop grefftau dros dro ac arddangosfeydd. **9.30am – 5.30pm**

6 - 9 Medi
Creftau ar yr arfordir – diwrnodau gwaith/by Crefft mewn Flocws
(Digwyddiadau ymweliad mewn dosbarth)

6 - Gwehyddu Gwiail Helig
7 - Gwydr Lliw
8 - Ysgrifennu Creadigol a Thestiau
9 - Cell Brac Mân

Galw'i gweithdy eu cynnal bob dydd rhwng **9.30am a 12pm** (oedolion yn unig) rhwng **1pm a 3.30pm** (oedolion yn unig) a rhwng **4pm a 5.30pm** (plant).

16 a 17 Medi
Sinema Traeth Tirpedd Coll
(Digwyddiad ymweliad mewn dosbarth)

Galw'i y digwyddiad unigryw hwn ac gymai o ffilm lleolad ystlennydd mwtsiyr ardal gyda chynhyrchiad gwych ar sgrin sinema cheyddadwy fawr sun theatr bar cocktails & thema, gwerthwyr bwyd a cherddoriaeth byw cyn bod yr hud yn machlud. O **6pm tan 11pm**, bydd y ffilm yn dechrau tua **9pm** (Machlud Haul).

8 Hydref
Gwyl Slow Food™
(Digwyddiad agored)

Dewch i Fasio Dyngu Bwyta, Gwylio, Arsiwilio, Rhannu, Siopa, Gwrando, Yfed, Mwynhau, Clywed, Arogli, Cyfarfod a chael bwyd yn gwirion ar fwyd! Mwynhewch Wyl gyda chynnychwyr bwyd a diod creftus, sgwrsiau am fwyd, arddangosiadau coginio, bwytaie dros dro a mwy Slow Food – yn dod a phobl a bwyd ‘ddi ynghyd! **10am – 4pm.**

15 Hydref
Gwyl Bwyd a Diod yr Ardd Hydrefol
(Digwyddiad ymweliad mewn dosbarth)

Arsiwr Hydrefol lle synhwyrau yn erddangos cynhyrchwyr bwyd a diod ansiynnol fesul ar naddu lich, cerddoriaeth a chelf byw lleol a ffilm mursu gredd hunegeddol gwlleddol Dwnrhefn. O **12pm tan 9pm.**

Mae'r holl digwyddiadau yn cael eu cynnal yn Mae Dwnrhefn, Southerndown, Bro Morgannwg.

I gael rhagor o wybodaeth am y sesiwn pilot dros dro ac i brynu tocynnau ar gyfer unrhyw un o'r digwyddiadau ewch i **valeofglamorgan.gov.uk/popupvale #popupvale**

*Ymaelu y gallai digwyddiadau gael eu canslo ar fyr rybudd a bod mynediad ar gyfer pobl anabl yn gyfyngedig ar gyfer rhai o'r digwyddiadau oherwydd yr amgylchiadau naturiol.

4th September
Crafts on the Coastal Festival
(Open Event)

Arts Festival Launch Day. A celebration of Heritage Coast inspired Arts and Crafts – hands on activities, demonstrations, pop up craft shop and displays. **9.30am – 5.30pm.**

6th - 9th September
Crafts on the coast: Craft in Focus workshop days
(Ticketed Events)

6th - Willow Weaving
7th - Stained Glass
8th - Creative Writing & Textiles
9th - Driftwood Art

5 workshops will be run per day from **9.30am - 12pm (adults only)** from **1pm - 3.30pm (adults only)** and from **4pm - 5.30pm (children).**

16th & 17th September
Lost Lands beach cinema
(Ticketed Event)

This one of a kind event will take place inside the spectacular setting of the garden walls with fantastic production on a large inflatable cinema screen, theatre sound, themed cocktail bar food vendors and live music before sunset. **6pm – 11pm,** film starting at approximately **9pm** (Sunset).

8th October
Slow Food™ Fest
(Open Event)

Come and Taste, Learn, Eat, Watch, Explore, Share, Shop, Listen, Drink, Enjoy, Hear, Smell, Meet, and have foodie fun! Enjoy a Fest with artisan food and drink producers, food talks, cooking demos, restaurant pop-ups and more. Slow Food – bringing people and good food together! **10am – 4pm.**

15th October
Autumn Garden Festival of Food and Drink
(Ticketed Event)

An Autumnal sense adventure showcasing local, small scale independent producers of food and drink, live local musicians and arts in the stunning, historic walled gardens of Dunraven. **12pm-9pm.**

All events are taking place at Dunraven Bay, Southerndown, The Vale of Glamorgan.

For more information about the pop-up pilot and to purchase tickets for any of the events, please visit **valeofglamorgan.gov.uk/popupvale #popupvale**

* please note events could be cancelled at short notice & disability access is limited in some of the venues due to the natural environment.

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'More must be done for refugees and asylum seekers' *SAYS AM*

A WELSH Conservative AM has said local authorities can do more for Syrians after Oxfam Cymru said refugees and asylum seekers were more likely to experience poverty.

Mark Isherwood, the party's spokesman for social justice and communities, said: "The Welsh Government needs to continue challenging local authorities to up their game in responding to the Syrian refugee crisis, and to the plight of asylum-seekers.

"There is so much more the Labour administration can do to help refugees and asylum-seekers integrate culturally and professionally.

"More immediately, opening community facilities – such as community centres, church halls and schools – as spaces for learning English, CV building, up-skilling and re-training can be a huge boon to helping the newcomers' transition into the world of work.

"It is essential that the Welsh Government engage with employers and the third sector to see where there is capacity to support the excellent work already carried out.

"Many of those arriving here come equipped with a range of skills that would be a huge benefit to our economy.

"Failing to offer the appropriate levels of support would be an opportunity missed."

Welsh Ambulance Service: your chance to ask questions

THE Welsh Ambulance Service is inviting members of the public to come and find out more about how it works.

People are being encouraged to attend both the Trust's latest quarterly board meeting and its Annual General Meeting (AGM), which are being held in Merthyr Tydfil, in order to see how it makes decisions and to pose questions about how the service is run.

Both meetings will take place on Friday, September 23 at the Redhouse in the Old Town Hall in Merthyr Tydfil, starting at 2pm.

There is a jam-packed agenda on the day and those who wish to attend are also welcome to speak with Board members.

The Trust Board meeting will be held from 2pm-5pm before a break for refreshments, followed by the AGM from 5.30pm-7.30pm.

The Trust is asking that anyone planning to go along confirm in advance with Caroline Jones in the Corporate Services Team on 01745 532970 or e-mail *caroline.jones2ec252@wales.nhs.uk*.

Waste collection 'badly managed'?

MORE residents in the Vale have complained about the waste collection changes in the area, according to Coun Richard Bertin.

Mr Bertin, who represents the Barry Court ward, said: "More people have come forward since I first raised the issue.

"The changes have been implemented in the Vale by the Labour-led authority in a bid to save money, but I believe the changes have been badly managed."

According to Coun Bertin, since the changes have been made there has been "wide-spread confusion".

The complaints range from letters that are confusing; some residents not getting letters; waste not being collected on the due dates; and health and safety concerns.

Coun Bertin claimed that complaints have also come in from Cowbridge, Llantwit Major and Rhoose. In the meantime, he said, waste has been left on doorsteps for over a week.

Coun Bertin stated: "I can fully understand why members of the public are not happy over this shambles. Not only does this pose health and safety risks, but is also likely to put people off visiting the area. This is totally unacceptable."

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All Saints' concerts

ON Saturday, September 10 at All Saints Church, Victoria Square, Penarth, at 7.30pm, there will be a night of music.

'Street Scenes' – a concert by Opera in Situ filled with the beautiful music of Bizet, Britten, Kurt Weill, Mozart and Bernstein among others.

Tickets £10 (£8 concessions, £3 students) from Griffin Books, Foxy's Deli and the All Saints Parish Office 02920703170. Talk to cast afterwards over a glass of wine or soft drink.

On Monday, September 12, there will be a free concert (1pm-2pm) at All Saints Church – 'Music at Lunchtime' recital featuring operatic soprano Lara-Clare Bourdeaux, 'Shakespeare's Heroines in Aria and Song'.

Free entry; hot and cold drinks provided. Bring your own lunch. Contact Dafydd G Jones, 02920 703170 or e-mail admin@allsaintspenarth.org.uk.

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Sunday 12noon - 4pm

Barry Astronomical Society

SEPTEMBER meetings of the Barry Astronomical Society take place at Barry Island Community Centre, Friars Road, Barry, from 7.30pm-9.30pm.

The meeting on September 12 will be 'A talk on the sun', and on September 26, 'Imaging the sky'.

Call Dave Powell on 02920 551704 or check our Facebook page for dates when we observe at Porthkerry Park (weather permitting); beginners welcome.

Book launch

THERE are just a few tickets remaining for the talk and book signing with Formula One's Damon Hill on Monday, September 12 at the Glamorganshire Golf Club in Lavernock Road, Penarth, at 12.30pm.

Tickets are £28, including two course lunch and signed copy of Damon's new autobiography *Watching the Wheels*. Contact Griffin Books on 02920 706455 for tickets.

Cowbridge U3A meeting

THE next Cowbridge U3A monthly meeting will be a talk, with musical interludes, entitled: 'Becoming a cellist', by Mary Elliott, at 2pm on Wednesday, September 14 in Cowbridge Town Hall.

Visitors welcome (there is a small fee, which includes refreshments). See www.u3asites.org.uk/cowbridge for further information.

Barry RBL meeting

THE Barry branch of the Royal British Legion will hold its next meeting on Monday, September 12 at 2.30pm in the Barry Town Council Chambers, next to the Memorial Hall.

New members are always welcome.

Charity fish and chip supper

THE Mayor of Llantwit Major's charity fish and chip supper takes place on Tuesday, September 13 at 7pm in Llantonian Hall, Llantwit Major.

Tickets (£10) include the meal, dessert and tea/coffee. Tickets and menu selection from Llantwit Major Town Hall; limited places, so booking is essential, by Thursday, September 8.

Proceeds go to the Mayor's charities, Ed Evans Foundation (brain tumour) and Marie Curie Cancer Care.

AM's surgery

VALE AM Jane Hutt will be holding a surgery on Saturday, September 10 from 10am-11am at Barry Citizens Advice Bureau, 119 Broad Street Barry CF62 7TZ; no appointment necessary.

Minister celebrates

TO mark Rev Heather Weddell's 10th year in ministry at United Free church, there will be a service of thanksgiving at 10.30am on September 11 to which all are welcome.

Barry Floral Society event

'TIME for Hobbies' is the title of a demonstration to be given to members of the Barry Floral Society by Jayne Morriss of Stroud.

The event will take place at the St Nicholas Hall, St Nicholas Road, Barry, on Tuesday, September 13 at 2.15pm.

New members are always welcome.

Toy and train sale in Barry

THE next toy and train sale in Barry takes place on Sunday, September 25 at Barry Leisure Centre. The sale opens at 10am and ends at 3pm.

For more information, visit www.chrisdyerfairs.co.uk.

KPC coffee morning

KPC Youth (next to Pil Primary) is holding a coffee morning from 9am-10.30am on Thursday, September 29 in aid of Macmillan Cancer Relief.

We will be joined at 9.30am by the choir from Pil Primary School, and this will be followed by fun bingo and a raffle.

Admission is £1 and includes coffee and biscuits, and cake will be on sale.

Please call 01656 749219 or 745399 with any enquiries.

Computer club

PENARTH Computer club meets on the second and fourth Tuesdays from September to June at 8pm at All Saints Church Lesser Hall, Victoria Square, Penarth.

New members and visitors welcome; for more information, log into the website penarthcomputer club.co.uk.

EPP Cymru programmes

DO you have a long-term health condition such as heart disease, depression, arthritis, back pain, stress and anxiety and more, or are you a carer?

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The NHS are running free, six-week health and well-being courses (2½) hours a week) in many areas of the Vale and Cardiff.

The course aims to build confidence, skills and knowledge to improve the management of your condition or caring role. It can help you adopt healthier lifestyles and regain control of your situation.

If you feel this could help you, call to book your place on 029 2033 5403 or text 'interested' to 07976 050166 or email: carolstingl@wales.nhs.uk.

Speaker night

AT Tondu RFC on Friday, October 28 (6.30pm), a guest speaker night will take place with Brynmor Williams and Robert Jones.

Tickets (£25 each or £250 per table) include a buffet.

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Ty Hafan lottery draw winners

THE following are winning numbers in the Ty Hafan Crackerjackpot lottery draw number D947.

- **£2,000:** 461775.
- **The rollover, which now stands at £2,500, was not won this week.**
- **£10:** 371807, 144149, 140315, 877243, 458534, 991805, 690969, 887695, 249264, 881175, 306681, 497887, 623045, 705673, 184534, 632288, 809958, 000999, 1984622, 005340.
- **£5:** 874371, 545045, 531977, 617864, 337933, 197651, 384409, 911333, 679935, 871302, 770147, 510769, 233885, 462173, 362857, 102808, 422930, 693321, 117383, 735717, 465945, 334080, 528880, 581678, 222635, 215712, 868103, 688877, 671136, 619143, 717700, 147113, 260163, 145460, 408105, 337365, 866748, 142751, 863254, 888727, 578328, 606302, 869742, 422899, 846576, 201536, 211152, 796204, 492098, 591687, 543829, 607054, 724249, 803015, 790577, 601302, 411182, 517335, 001107, 1370095.

The GEM cannot be held responsible for any errors or omissions contained in the above.

For lottery information please telephone 029 2053 2300.

BARRY MARKS THE BATTLE OF BRITAIN

The Battle of Britain, and the Allied airmen and groundcrew that took part, will be remembered at service in Barry this Sunday.

Representatives of MoD St Athan will attend, as will the Vale of Glamorgan Band, the Barry Male Voice Choir and a number of other Royal Air Force Association branches from the region.

The commemoration begins at 12 noon and all those wishing to attend should rally at the Cenotaph, Memorial Hall, Barry, by 11.45am.

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INFO@SULLYSPORTSCLUB.COM
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Samba is coming to Cowbridge!!

The Vale School of Samba is holding a 6 week Access to Samba Course commencing weekly from Tuesday 20th September, 7pm to 9pm until Tuesday 25th October 2016.

The beginner's course includes learning and playing a large variety of traditional Brazilian Rhythms, Dance and Song. No previous experience is required, just be willing to expend some energy and have lots of fun!
Spaces are limited on the 6 week course, so be quick to sign up and secure a place. Children are permitted if accompanied by a participating adult/guardian but please speak with Paulo if you have any queries.
Cost of course is £50 and £35 under 18's registration fee plus £2.50 payable each week towards room hire.
Free Taster Session on Tuesday 13th September 7pm
Successful Completion of access course will allow you to join the band.
Sessions will be held at the Duke of Wellington Pub, Ball Room, 48 High Street, Cowbridge, CF71 7AG.
Contact Paulo to secure a place on 07966981032 or email paulytom@msn.com

To staff & all our friends at Porthkerry Leisure Park
Gwyn & Glenda wish to thank you all for your generosity and good wishes on our retirement after 37 years at the office.
We hope you continue to enjoy your stay at Porthkerry.
A special thanks to Phil who has been a great boss and a good friend.
Very sincerely,
Glenda & Gwyn

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This Sausage Party is hilarious and clever – but not for the faint-hearted!

by GARETH JAMIESON

Follow Screen Talk on Twitter – @GEMScreenTalk

ANIMATION doesn't have to be just for kids. As the likes of *South Park* (both on television and in the cinema), *Family Guy* and *American Dad* (the latter two coming from the twisted comedic mind of Seth McFarlane) have shown, 'grown-up' cartoons are hugely successful when done correctly.

The latest film to insert itself in this genre is *Sausage Party*. It tells the story of Frank (voiced by Seth Rogen), a sausage who desires to discover the truth about his, and other foods' existence when it becomes apparent that the bright future they've been promised is a lie – and they find themselves chopped up and eaten!

Teaming up with hot dog bun Brenda (Kristen Wiig), Teresa Taco (Salma Hayek), Lavash (David Krumholtz) and Sammy Bagel Jr (Edward Norton), the foods go on a journey to escape their fate...

If you've seen the previous films of Seth Rogen et al, then you'll have some idea what to expect from *Sausage Party* – this isn't your gentle, Pixar-esque stroll through life lessons and happy endings, but if you're in the mood for a foul-mouthed, puerile yet strangely intelligent comedy then this is most definitely the party for you!

Sausage Party was conjured up by Rogen, Evan Goldberg and Jonah Hill as an adult take on those Pixar films.

But whereas *Toy Story* has Tom Hanks and Tim Allen battling to be top toy for a young boy, here we have Seth Rogen's sausage and Kristen Wiig's bun on a quest to fulfil their destiny and join as one, a taco with a loose libido and a bagel and a pitta bread acting as a metaphor for the Israel/Palestine argument.

And that's *Sausage Party's* great skill – for every moment of coarse humour and (very adult) jokes, there is a clever and sharp jab at modern society, whether it's indoctrinated religion (Frank must try to convince the supermarket's food that the 'great beyond' is not all it's cracked up to be and that they've been lied to), the aforementioned Israel/Palestine situation (Lavash has been promised 77 bottles of olive oil once he reaches the 'great beyond') or just blatant consumerism that sees us consume more than we need to.

Rogen and Goldberg were involved in the screenplay, and it's clear to see as anyone who has seen *Superbad* or any of their other works will recognise the sense of humour on display; not all the jokes land and occasionally the tone veers towards just plain weird, but there are enough hilarious moments to keep the momentum, though those with an aversion to profanity may well wish to cover their ears for the vast majority of the running time!

The voice cast all do a very good job, mining their onscreen personalities for all their worth, which makes those who you don't normally find working in this oeuvre stand out that bit more, whether it's Hayek's sultry taco or Edward Norton's bagel that mines Woody Allen for all he's worth but with a far pottier mouth!

It's sharply directed by Greg Tiernan and Conrad Vernon, the former who has made several *Thomas The Tank Engine* animated films and the latter who has directed *Shrek 2* and *Madagascar 3*; their knowledge of the animation genre means that they shoot the film without being too knowing or smart and it has all the hallmarks of a Shrek or a Pixar film, but through the prism of adults, with some moments riffing on horror films to superb effect.

With an ending that leaves this party open for more business, there's plenty of potential in seeing more of these characters in different situations. It would be a welcome return, as *Sausage Party* is foul-mouthed yet incredibly smart!

VERDICT – A coarse film that has a foundation of intelligence, *Sausage Party* plays loudly and lewdly; it is, however, a glorious film, with a good gag rate and some truly stunning moments that will leave your jaw agape! The meek may want to avoid, but for those with a strong constitution this is one Party you want to go to!

SEE THIS IF YOU LIKED: South Park – Bigger, Longer, Uncut (1999), Superbad (2007).

Locals urge 'slow ahead' for development at Cosmeston Country Park

by Andy Johnstone

ON a wet and blustery morning at Cosmeston County Park, visitors were asked by The GEM about planned development at the 250-acre nature reserve, and replied with a bemused "What development?"

The Vale Council, which manages the site, announced in January this year its plans to increase commercial and boating activity at the site, parts of which are designated as Sites of Special Scientific Interest (SSSI).

Plans include a new ice-cream parlour, the trialling of kayaks and rowing boats, a new mountain bike course and other commercial activities, such as weddings and other events.

However, Plaid Cymru has urged the council to release full details on the proposals to the public.

Local Plaid spokesman Richard Grigg said: "We are aware that the Vale intends to make money by offering business opportunities at Cosmeston, but are worried that little has been said publically since January."

He added that while Plaid appreciated the need to attract income (from the county park), its members hope that there will be a full consultation with the public – especially current users.

Lynda Chick, from Barry, is one of these current users, and indeed is a frequent visitor to the park. She described herself as a "regular reader of the local papers", but added that she knew nothing about the planned developments.

"It's such a peaceful place that any development of the park must really be done very carefully.

"Parking and entrance to the park are free, but it must cost a lot to maintain such a place," she said.

"It mustn't become too commercialised, or it will lose its attraction, but I do see the need for it to generate income."

John Lawrence and his wife, Helen, of Penarth, were enjoying the last day of the school holidays with their children, feeding the fowl by the lake.

"No; I didn't know about the plans, but I am all in favour of commercialising the operation here, as long as it is managed and sustainable and has no negative impact on the wildlife, nor on the other events that take place here.

"Many other local authorities around the UK do charge for entry, or at least parking, at sites they manage and it helps to subsidise the cost – and keep the council tax bills lower, so really, why should it be free?

"Charities also charge for entry to their properties. Perhaps the council should release Cosmeston to a charity, wash its hands of the expense and let someone else manage it and take the risk.

"Private organisations," he said, "tend to have a better track record of running successful commercial operations than local authorities."

On the proposals, Coun Lis Burnett, council member for regeneration and education, commented: "We are making great progress to broaden what is currently on offer at the council's country parks.

"So far in Cosmeston, we have agreements in place that will see the opening of a new ice cream parlour, a trial of hiring rowing boats and kayaks for use on the lake, and the creation of a new mountain bike course.

"We are also in advanced negotiations that could see sections of Porthkerry and Cosmeston parks available to hire for weddings and other events.

"These new activities give even more people a reason to visit the country parks and will help generate new sources of income that will help secure the parks' future.

"The council has of course taken great care in vetting all submissions to ensure that proposals will complement what is already on offer at the country park and in no way disadvantage existing users of the park."

The GEM wants your thoughts on this matter. Please send correspondence to: gemeditorial@tindlenews.co.uk.

Free entry to Dyffryn Gardens thanks to Cadw

DYFFRYN Gardens, Aberdulais Falls and Tredegar House are all throwing open their doors for free on September 10 and 11 as part of Open Doors Wales.

Organised by Cadw, the Welsh Government's historic environment service, Open Doors offers both local people and visitors alike the chance to explore the hidden treasures of Wales's culture and history for free.

Dyffryn boasts 55 acres of stunning formal gardens, intimate garden rooms, an enormous glasshouse, two kitchen gardens and a semi-furnished house.

The kitchen garden produce will have been harvested so you can taste some 'zero-mile' home-grown Dyffryn produce in the tea rooms. Open from 10am to 6pm, last entry is at 5pm.

Kate Simons, visitor experience manager at Dyffryn said: "Both Dyffryn and Tredegar will have lots to keep you entertained, as well as exploring both their houses and gardens."

Tredegar House will also be open for free all weekend and will have garden games, family trails and lots more to keep the whole family entertained, open from 10am to 4pm.

Experience Aberdulais Tin Works and Waterfall free and help them celebrate 35 years with the National Trust, dress up in traditional costumes and learn about the industries that have been made at the waterfall or take part in their special time capsule. Open from 11am to 3.30pm.

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Health Beauty & fitness

Pilates classes in Barry

COME on and join us at Barry Pilates; September is a great time to start with us or return to class.

There is a new class starting on Thursday, October 13 at 11.15am, suitable for complete beginners and those with a little experience of Pilates. This six-week course introduces you to Pilates and costs £45.

If you would prefer an evening class, join us on Friday, September 23 at 8.20pm for a special short introductory course to bring you into the Friday 7.15pm class.

This is a two-week course for a maximum of six people costing £20. Private Pilates lessons are also available.

All classes are held at St Nicholas Hall, Barry. Please contact Sharon on 07830 085606 or go to www.barrypilates.co.uk.

Barry Pilates Classes

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Thursdays 10am

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www.barrypilates.co.uk

Return 2 Health Chiropractic Clinic

AT Return To Health Chiropractic Clinic (R2HCC), we have more than 12 years' experience of treating patients.

We are frequently presented with: "I have sciatica", but 'sciatica' is a term for any pain down the leg caused by an injury in the lower back, not a real diagnosis.

True sciatica is typically caused by an injury to a spinal disc, and can lead to irritation or damage to the spinal nerves. This leads to pain down the leg, often past the knee, and can be accompanied by pins and needles, sensation changes and muscle weakness.

Non-radicular sciatica is much more common and is caused by an injury in the muscles, joints or ligaments of the back which then radiates pain into the buttock, leg or both. This typically stays above the knee and doesn't cause symptoms such as pins and needles or weakness.

With the increasing use of tablets and laptops, at R2HCC we are seeing more people, particularly teenagers, with back issues.

Move it! Sitting for too long is not good for the body, particularly the back. It's very easy to sit and slouch for long periods, so get up and move every 30-40 minutes.

Lighten up! Keep your school bag light. If there are lockers at your school, keep heavy books in them.

Use a rucksack! Carrying a heavy bag over one shoulder creates muscular imbalance and uneven stresses on the joints. A rucksack with both straps over your shoulders is far better for you.

If you are worried about your back pain (or any other pain), why not come and visit us? You can book a free advisory consultation by calling 01446 740002.

First-class service at Wales' Norma Davies Opticians

NORMA DAVIES OPTICIANS are an independent opticians' group, based in south Wales.

Their main objectives are to provide the highest quality service, using their clinical skills and the latest equipment to provide a comprehensive eye examination.

They will find the best solution to correct your eyesight and will help you select the perfect pair of spectacles. They stock a wide range of designer eyewear to suit every need and budget.

They also fit and supply contact lenses if you want an alternative to spectacles.

Their staff are dedicated to providing excellent customer care and taking the time to understand each individual's personal needs to ensure that the patient leaves 100 per cent satisfied.

The newest member of staff, Rhia, is a fluent Welsh speaker and together with Anna, they are always happy to help.

Norma Davies Opticians has been providing first-class eye care since 1975. It is still a family-run business. Charlotte (Norma's daughter) and her husband Chris test there two days a week.

They are dedicated to providing the highest clinical care for their patients.

Upgraded premises for Vale Podiatry and Chiropody

VALE Podiatry and Chiropody are moving to new premises in Llantwit Major.

We will be open on Monday, September 12 in our newly-refurbished premises. The move will allow improved disabled access and a nicer environment for all our patients.

We will also be increasing our receptionist services to enable patients to contact us more easily.

All our usual services will still be offered in both our clinics in Cowbridge and Llantwit Major. As HCPC-registered podiatrists, we offer friendly and professional care for all our patients. We can help with simple nail cutting to more complex nail surgery using local anaesthetic.

We treat all foot conditions and with a wide experience of working in private and NHS clinics, we can offer the full service.

Make sure your feet are in safe hands and check that your health professional is registered with the HCPC on www.hpc-uk.org/audiences/membersof thepublic.

WILLOWS TAI CHI ☯ & QI GONG ☯

will host a Macmillan Coffee Morning on Tuesday 27th September at

St Athan Community Centre

Tai Chi demonstration 10am, followed by Coffee & Cake.

New class opening in Cadoxton Community Centre, Tuesday 4th October 2pm - 3pm.

Class also at Ewenny Community Centre every Thursday 11am - 12 midday.

For more information, call Sue on

01446 744643

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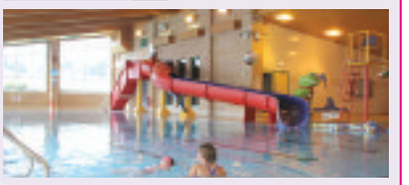

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- **Are there foods you feel you have little self-control around?**
- **Are you drawn to over-eating when you are under pressure and feel stressed?**
- **Do you sometimes feel guilt and shame after eating?**

If you are interested in understanding the reasons behind emotional eating and in learning some strategies and tools to begin to overcome this deeply addictive, yet faulty coping mechanism, then this workshop is for you. Join me for a 2 hour workshop to help you overcome the habit of turning to food when the going gets tough!

Saturday 24th September, 2-4pm, Barefoot Studio, Llandow CF71 7PF - Price £35.

To book your place please email **hope@dawnnutrition.co.uk** or telephone me on 07572 451574.

www.dawnnutrition.co.uk

Then a new workshop is just what you are looking for.

Dawn Nutrition is running a two-hour workshop on 'Overcoming Emotional Eating' at Barefoot Studio, Llandow, near Cowbridge, CF71 7PF on Saturday, September 24 from 2pm-4pm (price £35).

Dawn Garwood said: "We will be exploring the reasons why people learn to turn to food under times of stress and anxiety, and how we can learn to break this habit and learn better coping mechanisms.

"If you sometimes find yourself feeling compelled to eat when you are under pressure; if you have a tendency to binge eat and do not really know what has triggered the episode, or if you find yourself unable to control yourself around certain foods, then this workshop will be of great benefit to you.

"Booking for this course is essential as space is very limited. If you are interested, please email *hope@dawnnutrition.co.uk* to register, or telephone 07572 451574."

Making brides look their very best

WE have been reflecting on what has been a fantastic summer it has been at Vale Laser Clinic and Tathan Beautique.

We've really enjoyed seeing all our brides, their skin glowing, nails painted and lashes looking amazing on their special day.

Tattoos were no longer visible in wedding pictures, and honeymooners have been returning and telling us how amazing and stress-free it was being hair free for their entire holiday.

Our focus has turned to Autumn and the run up to Christmas. We have extended our opening hours due to how busy our lovely clients are keeping us. We are launching Jane Iredale Mineral Make up in September with lots of great deals and discounts that can be found on our Facebook pages.

We will have early bird offers on Christmas party make up, and we are rewarding our existing clients with 20 per cent off their next treatment when they recommend a friend. Make sure you pick up a card when your next passing!

We are seeing lots of clients wanting to treat sun damage, removing visible pigment spots and red veins, leaving skin looking smoother, clearer and younger.

We also have a free C-Boost clarifying creme with every skin rejuvenating IPL facial while stocks last.

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'All Saints Church, Barry aims to 'Raise the Roof'!'

ON Sunday, September 4, Father Kevin Lake, priest at All Saints Church Barry, launched the Roof Restoration Project in a bid to raise £231,302 for a new roof.

All Saints' Church has a rich heritage and one of the town's largest congregations.

For many years, the church has supported local education and charities, and is regularly used for charity and community events.

A Heritage Lottery Fund application was submitted in June for £100,000 and a response should be received by September 21.

Paul Donovan, chair of the church's roof restoration committee, stated that "when the heavens open, which is fairly frequently in Barry, the roof leaks and we have tarpaulin and strategically placed buckets throughout the church to capture the water. The project aims to turn these 'raindrops from heaven' into 'pennies from heaven' to restore the church roof, enabling All Saints' to showcase the richness in heritage, along with the building's diversity of community use".

The project has already raised £10,250, with the committee remaining optimistic about the Heritage Lottery application too.

There are a number of ways in which everyone can get involved, from individual donations, or sponsoring a roof slate in memory of a loved one, to attending one of the many fundraising events planned for 2016 and beyond.

All donations or correspondence regarding the Roof Restoration Project can be directed to: C/O Father Kevin Lake, 3 Park Road, BARRY CF62 3NU; telephone 01446 701206.

Ann Elliott

'Wales should lead UK and ban snares'

EVERY day in Wales, up to 1,000 animals are trapped, mutilated or suffer a drawn-out, painful death as they are caught in game-keepers' snares.

The GEM's readers can help stop this cruelty.

It's hard to believe that snares are still legal in the UK – they're outlawed in most of Europe, but shockingly, they are widespread here, particularly on and near shooting estates and game bird breeding farms.

The snares are indiscriminate, with only one-third of the animals caught being the actual target (usually foxes, which sometimes catch pheasants and partridges).

Research shows that the other two-thirds of animals caught are just 'by-catch'. Deer, badgers, hares and even otters and family pets have been found trapped, mutilated or killed in these nooses too.

Only recently, the national press reported another much loved family pet had suffered horrific injuries from being caught in one of these lethal nooses in Wales.

We believe it's time Wales led the rest of the UK with a complete ban on snares.

Your readers can help end this horrific cruelty by signing the petition calling for these cruel wire traps to be outlawed. The petition can be found here (https://www.assembly.wales/en/gethome/e-petitions/Pages/petitiondetail.aspx?PetitionID=1027) on the National Assembly for Wales's website.

Rhiannon Evans, League Against Cruel Sports Wales

Go to our Twitter page for the latest stories and breaking news...
@gem_news

Sporting silence commemorates 'Somme 100'

by ANDY JOHNSTONE

The Royal British Legion (RBL) is calling on the sporting organisations, associations, clubs, teams and individuals in all parts of the United Kingdom to commemorate the role played by sportsmen on the 100th anniversary of the Battle of the Somme.

The campaign, called 'Sport Remembers the Somme 1916-2016', was launched off the back of 100 'Sportsmen of the Somme' stories, which have been produced by the charity in an effort to inspire the nation's professional and amateur sporting organisations and individuals to unite in Remembrance.

One of those remembered is Second Lieutenant Horace Wyndham Thomas, of Bridgend, of the 14th Battalion The Rifle Brigade.

Born in 1890, 2Lt Thomas was described as having a "beautiful" singing voice, one so good that it helped him secure a scholarship to King's College Cambridge, reading history.

2Lt Thomas was no slouch at sport, and played for Blackheath FC, Wales and the Barbarians.

The centenary of his death was just last week on September 3. He died at Guillemont, midway during the Battle of the Somme.

To aid the war effort, almost all professional sport had been suspended for the duration by the time the Battle of the Somme began. Athletes and players from sports at all levels had volunteered to enlist – sometimes en masse as an entire team and its supporters.

There were battalions that included significant numbers of athletes, footballers, and individual members of clubs and teams.

Second Lieutenant Horace Wyndham Thomas of Bridgend possessed a "beautiful" singing voice and was a capped rugby player.

Many other players – from first class cricketers to amateur boxers – served in 'pals battalions' recruited from towns, villages, schools, workplaces and trades.

When these battalions suffered losses, as they did mostly at the Somme, the impact was felt at the club and community level.

Sport Remembers the Somme is fronted by Sir Nick Faldo, Peter Shilton, Sally Gunnell, Mike Gatting former British Army officer and England Rugby World Cup winner Josh Lewsey.

Locally, RBL is calling on teams and players to observe two-minutes silence before any game or match played over the weekend of September 17 and 18 as an act of remembrance.

John Crowdrey, chair of the Bridgend branch of the RBL, said: "This is a national campaign and it is important that Bridgend county borough comes together to commemorate the sportsmen who fought in the Battle of the Somme.

"I would encourage every sporting club and association within the county to commit to honouring those who fought."

Amelia Trust hosts Harvest fun day this Saturday

THE Amelia Trust is holding its annual Harvest Family Fun Day on September 10.

The event is shaping up to be a great day out for all the family and there is even something for man's best friend – a dog show!

There will be lots happening throughout the day including: tractor rides; craft stalls; a fancy dress competition; bouncy castles; displays; music, dancing; a raffle, children's games and lots more!

The fun starts at 11am with the dog show taking place at 12pm (registrations from 11am at the welcome tent) and it finishes at 4pm.

All money raised on the day will help the Amelia Trust Farm continue the work it does with disadvantaged young people.

The event is taking place at the Amelia Trust Farm, near Barry. More details can be found on the Amelia Trust Farm website: *www.ameliatrust.org.uk*.

JO WHITFIELD

MENTER IAITH BRO MORGANNWG

Cyfle i chi ddweud eich dweud am ddyfodol S4C

Beth yw eich hoff raglenni ar S4C? Beth ddylai S4C fod yn ei ddarparu yn y dyfodol? Beth mae sianel deledu Gymraeg yn ei olygu i chi?

Mae cyfle i chi roi eich barn a chyfrannu at y drafodaeth am ddyfodol S4C yn yr holiadur 'Dweud eich Dweud' sydd ar gael i bawb ei llenwi ar wefan s4c.cymru

Mae S4C yn awyddus fod llais y bobl yn cael ei glywed yn rhan o'r paratoadau ar gyfer Adolygiad Annibynnol Llywodraeth y DU o S4C yn 2017. Mi fydd yr Adolygiad yn edrych ar waith a rôl S4C a'r math o wasanaeth sy'n debyg o fod ei angen yn y dyfodol.

Yn ôl Huw Jones, Cadeirydd Awdurdod S4C, mae hi'n bwysig iawn cynnwys y cyhoedd yn y sgwrs.

Meddai Huw Jones; "Rydym yn awyddus iawn i sicrhau bod llais y cyhoedd yn cael ei glywed – pa fath o wasanaeth mae pobl eisiau ei weld a pha wasanaeth aml gyfryngol fydd ei angen yn y dyfodol. Ein gobaith yw y bydd Adolygiad yn ystyried hyn yn ofalus ynghyd â sut y gall S4C ddarparu ac ariannu gwasanaeth yn y ddeng mlynedd nesaf."

Ewch i wefan s4c.cymru nawr i lewni'r holiadur er mwyn Ddweud eich Dweud am S4C.

Cymry Cymraeg Newydd

Ymweliad â'r Amgueddfa Genedlaethol

Bob blwyddyn, mae Cymrodorion y Barri yn cynnal 'Noson y Dysgwyr'. Eleni, mae pedwar siaradwr ail iaith wedi awgrymu term amgen, Cymry Cymraeg Newydd, a herio'r gynulleidfa i ymuno â gweithgareddau sy'n rhoi hwb i'r iaith. Dyma'r llais olaf yn y gyfres, Judy Watkins.

Pam ydych chi'n darllen yr erthygl hon? Un peth yn unig rwy'n gwybod amdanoch chi – mae'r medru gyda chi. Braint nad oeddwn i'n meddu arni hi sbel yn ôl wedi treulio degawdau dros y ffin.

Rhyfeddod oedd i fi ddarganfod gwledd o bethau ar gael bob dydd yn y Barri drwy gyfrwng y Gymraeg. Heb sôn am deithiau tywys Cymraeg ymhellach i ffwrdd.

Eleni, mae grŵp bach dan arweiniad y Cylch Siarad wedi mwynhau trip i Ganolfan Hywel Dda yn Hendy Gwyn, i'r ddrama 'Nansi' ym Mhenarth, i Eisteddfod Genedlaethol y Fenni, i'r Senedd yn y Bae, i setiau Pobol y Cwm, ac i'r Amgueddfa Genedlaethol.

Fel mae'r gyfres hon o erthyglau wedi dangos, mae'n bosib dilyn diddordebau o bob llun a lliw, waeth beth yw'ch lefel o fedru'r Gymraeg. Boed cerdded gyda Ruth King dan ymbarel Valeways (hindda hefyd, rhaid dweud!), neu drafod hanes a barddoniaeth gyda Des Davies mewn un o gyrsiau'r W.E.A.

Os chwerthin sy'n mynd â'ch bryd, beth am y Clwb Llyfrau misol soniodd Gareth Thomas amdano yn ei sgwrs i'r Cymrodorion? Cyfle heb ei ail i roi barn ar y llyfrau mwyaf cyfredol yn ogystal â rhai o'r hen ffefrynnau. Lot o hwyl i gael a marciau mas o ddeg i'r gyfrol dan sylw, dan arweiniad medrus Luned Whelan.

Diffyg hyder gyda darllen? Dim problem. Dewch i rywbeth wedi'i baratoi ar eich cyfer. Mae'r Cylch Darllen yn cwrdd am awr o ddarllen yn uchel nofel boblogaidd. Mae'n ymlaen bob wythnos fel rhan o'r cynnig nos Lun yng Nghanolfan Palmerston, sy'n dechrau eto mis Medi.

Mae'r sîn yn fywiog yn y Barri, a phleser o'r mwyaf yw gweld pob cenhedlaeth yn heidio i sesiynau achlysurol 'Gigs Bach y Fro' diolch i raglen Menter Bro Morgannwg. Mae ebost Menter Bro Morgannwg hefyd yn hanfodol i ddala lan â'r diweddara. Felly, os yw'r fraint o fedru'r Gymraeg gyda chi, peidiwch â'i gadael ar yr aelwyd!

Am fanylion y Cylch Siarad neu'r Cylch Darllen, cysylltwch â jude2020@live.co.uk

Mynd am Dro yn y Fro gyda Dai Lingual

A hithau'n dymor gwyliau, mae Dai yn cymryd y cyfle i ystyried paham bod ystyr enwau lleoedd yn bwnc mor bwysig i'r Cymry yn y Fro.

Roedd Eisteddfod y Fenni yn bleser i ymweld â hi, a gobeithio bod pob un troediodd draw i'r Maes arbennig yn cytuno gyda mi yn hynny o beth. Brodor o gyffiniau Y Fenni, sef Raymond Williams, sydd yn bennaf gyfrifol o'n dehongliad o grwpiau o ddiddordeb – hynny yw, gall grwpiau adlewyrchu diddordebau yn ogystal â bod yn derm daearyddol. Un grŵp o'r fath yw'r grŵp Enwau Lleoedd ar y Weplyfr [Facebook!] ble ddes i o hyd i adnodd arbennig o ran parhad yr erthyglau misol yma.

Fe ddaeth un erthygl i'r amlwg a wnaeth ddal fy llygaid yn arbennig gan fod yr awdur o'r Barri – neu Barry fel yr oedd yn nodi (sy'n ddiddorol achos eto darn o waith am bwysigrwydd enwau Cymraeg oedd y darn!) - sef 'Diogelu Enwau Lleoedd Cymru' gan D. Arthen Evans, Ysgrifennydd Undeb Cenedlaethol y Cymdeithasau Cymraeg. Dyma felly ddetholiad o'r erthygl at eich sylw, gyda mwy i ddilyn mis nesa, gobeithio:

'Y mae o leiaf dri pheth i'w cyflawni cyn deall ohonom wir ystyr a hanes enwau lleodd Cymru. Y mae angen eu diogelu, eu casglu a'u dehongli. Gellir diogelu heb gasglu, a gellir cyflawni'r ddeubeth heb ddehongli; eithr y peth a fawr ddymunwn ydyw cyflawni'r tripheth yn ddiymdroi.'

Gobeithiaf yn fawr fod y golofn hon yn ceisio dygymod â'r tri pheth yna, a bod rhywfaint o gyfiawnhad imi yna hefyd i barhau ar y gwaith!

'Nid digon ydyw eu casglu a'u cadw dan glo," meddai D.A. Evans, a chytunaf yn llwyr gyda'r hyn sy'n dilyn hynny; "Nid digon ydyw diogelu'r hen enwau drwy eu casglu a'u cadw mewn llyfrgelloedd, er cystal ydyw gwaith felly; y mae'n wir angenrhediol i'w cadw'n fyw drwy annog pobl i'w harfer ar lyfr ac ar lafar."

Nodaf – gyda nodyn o dristwch – bod y datblygiad newydd yn Llandochau Fach, fy nghartref erbyn hyn, dim ond yn arddangos enw Seisnig ar hyn o bryd, sef 'Canon's Walk'. A hynny ddwywaith: gyda dwy arwydd Saesneg! Yn lle colli limpyn, fe wna i roi'r gair olaf i D. Arthen ei hun o 1927, a gofyn i chi ystyried sut mae pethau wedi newid ers hynny i drigolion y Fro:

"Yn y gwraidd nid ydyw diogelu enwau lleoedd Cymru namyn ffurf arall ar ddiogelu'r iaith Gymraeg ei hun...Y mae'n wir y pery enwau lleoedd Cymraeg mewn rhanbarthau o'n gwlad wedi i'r heniaith ei hun gilio ohonynt, oherwydd y mae enwau lleoedd yn fwy hirhoedlog ar y ddaear nag iaith briod pobl...Erys yr hen enwau wrth yr ugeniaiu ym Maesyfed, Brycheiniog, Mynwy, ym Morgannwg, ac ym Mro Gŵyr hefyd, er nad yw'r Gymraeg mewn rhyw fri mawr iawn o fewn eu cyffiniau hwy bellach.'

Ydy pethau'n gwella, neu'n gwaethygu? Dewisiwch ddefnyddio'r Gymraeg bob tro er mwyn dyn.

Mae'r Gynghrair Cymunedau Cymraeg yn edrych am gymunedau yn y Fro ble gellir annog diddordeb a gweithgarwch ar lawr gwlad yn y Gymraeg, boed hynny yn neuaddau pentref neu sefydliadau addysgiadol. Cysylltwch: david@cymunedau.org 16 Heol Lewis Rd, Llandochau Fach 02920 707 469

TEITHIAU CERDDED CYMRAEG GYDA VALEWAYS

Ydych chi'n joio cerdded? Ydych chi'n dysgu Cymraeg neu yn siarad Cymraeg yn rhugl efallai? Mae cerdded yn ffordd wych i gymdeithasu, gwneud ffrindiau newydd a chael hwyl wrth gadw'n heini!

Dydd Mawrth 6 Medi – 'Crwydro' Ynys Y Barri (Taith Iach)
10.00yb Gorsaf Rheilffordd Ynys Y Barri CF62 5TH

Dydd Sadwrn 10 Medi – 'Pen-blwydd Hapus Eglwys Sant Augustine' (Taith Estynedig)
2.00 yp Maes parcio cliff top café, Penarth CF64 5BP

Dydd Iau 15 Medi – 'Crwydro' Penarth (Taith Iach)
10.00yb Gorsaf Rheilffordd Penarth CF64 3DQ

Dydd Mawrth 27 Medi – 'Trem y môr' (Taith Ddilyniant)
10.10yb Maes parcio Neuadd y Dref, Llanilltud Fawr CF61 1SD

Cofiwch wisgo esgidiau trymion a dillad addas. Dewch am dro a hybu'r Gymraeg yn y Fro. Croeso cynnes i bawb!

Am fwy o wybodaeth ewch i www.valeways.org.uk neu cysylltwch â Ruth 07800969157.

E-CHLYSUR

Mae Menter Bro Morgannwg yn darparu gwasanaeth e-bost sy'n hyrwyddo gweithgareddau a digwyddiadau cymdeithasol trwy gyfrwng y Gymraeg i blant, pobl ifanc ac oedolion ym Mro Morgannwg – ee. gigs, gweithgareddau i'r teulu, gwersi nofio i blant, cyrsiau hamdden i oedolion...

Gallwch gofrestru i dderbyn y gwasanaeth E-chlysur rhad ac am ddim yma ar ein gwefan: www.menterbromorgannwg.cymru

Neu cysylltwch â ni: ffion@menterbromorgannwg.cymru / (029) 20689888

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GCSE, AS and A2 results consistently compare very favourably with local and national figures.

GCSE Results 2016

English (A*- C) 79.5%
Mathematics (A*- C) 79.5%
Science (A*- C) 98.6%
Overall over 80% of pupils gained 5 or more A*- C

A Level Results 2016

99% of pupils achieved grades A*- E
30% were at grades A*/A
82% were at grades A*- C
An incredible 360 A Level papers were sat and 23% of pupils secured a place at a Russell Group University

The school has been delighted to welcome our new Year 7 and Sixth Form pupils - once again many joining us from out of catchment.

"I couldn't believe how welcoming everybody was and how quickly I settled in."

Our Estyn Inspection Report was very positive and we were proud to read that:

"One of the school's strengths is the exceptional working relationship between teachers and pupils. The school has a strong ethos based on fairness and this creates a caring and disciplined environment."

Any student or parent can obtain more information and a school prospectus by emailing **info@porthcawlschool.co.uk**

Alternatively you may wish to telephone 01656 774100.

Further information can be found on the school website: www.porthcawlschool.co.uk

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Rhoose pensioner in telephone PPI scam

by ANDY JOHNSTONE

A pensioner from Rhoose nearly fell victim to an 'advance fee fraud' recently – and would have lost at least £316.

The 76-year-old man, who wishes to remain anonymous, described the incident as "quite frightening for anyone, especially an older person.

He contacted The GEM to use his experience as a warning for other readers in the hope that they do not lose out.

The gentleman was telephoned by a man claiming to work for a legitimate PPI company in England, which recovers mis-sold payment protection insurance, or PPI, on behalf of its clients.

'Mr W' takes up the story.

"A man with an Indian accent telephoned me and told me that I might be due a repayment of PPI. I was quite pleased to hear this, and thought it was legitimate because I had made inquiries about it a few years ago."

Mr W said that he was asked to give and confirm a few details and to expect a telephone call once, he reported, further investigations were made.

"I waited a day or two," continued Mr W, "and received another call.

"Sure enough, I was called back, but this time by a woman with an Indian accent. She told me that I was eligible for a repayment of around £3,600 going back years. I was delighted. That's a lot of money."

Mr W was told to expect another telephone call about his 'claim'.

"Then a man phoned me and said that there would be a charge for the 'company's' work.

"He told me it would cost £316, which would have to be paid in advance. He told me to go to the Post Office and get a MoneyGram, and post it to them.

"I told him that I didn't have the money, but he told me to scrabble the money together from my family and friends."

At this point, Mr W thought something rum was afoot. He spoke to his family, and his son confirmed what he feared: he was being scammed.

"I reported it to the police, and was advised to report it to Action Fraud, which I did."

Action Fraud is the UK's national reporting centre for fraud and cyber crime.

"The person I spoke with told me that this was a common scam with the fraudsters using real companies as a 'front'."

Whilst such scams use the names of real companies, and damage their reputations in the process, there is no link between them and the fraudsters.

The GEM made numerous attempts by email and telephone to the company concerned, but received no response.

Mr W continued: "And worse than just the £316 I could have lost, they would have had my bank and other details about me. I could have lost everything."

An Action Fraud spokesperson said: "The best advice is to completely ignore any unsolicited calls or emails that promise you money in exchange for a fee and certainly never send or pay any money for what they are promising.

"Whatever is being offered – be it the promise of money back from a supposed PPI claim, investment opportunities, or some kind of competition winnings – fraudsters will try to get you to pay them money and then leave you high and dry.

"If you think you may have fallen victim to such a scam, then you should report it to Action Fraud."

Mr W said: "It's not a nice thing to happen, and I hope no-one else goes through what I did."

Visit www.action fraud.police.uk or call the agency on 0300 123 2040 for information, advice or to report suspected fraud.

Art exhibition in Cowbridge

THE art exhibition now showing at the Old Hall, Cowbridge, displays the work of the Vale of Glamorgan Artists group, Voga.

It is an open show with a wide range of styles and subject matter from a group numbering more than 20 members.

Cowbridge artists Sue Edwards and Pamela Jones are well represented. The former has a selection of powerful images based on trees and woodland scenery.

The latter uses historic events for inspiration as shown in ceramic sculptures including pieces from The Somme and a 'Women Firsts' series featuring Amy Johnson, Nell Gwynne and Maud Stephens Wagner.

A frequent theme is Dyffryn Gardens with dreamlike paintings by Alan Brown and a fine drawing by Gwyn Price.

Judy Stephens shows bold, vibrantly coloured textile hangings as forceful as any abstract painting.

A ceramic by Pamela Jones

Digital art work is represented by Bernard van Lierop using the humble theme of a roadside tree.

In the cabinets are authoritative stone carvings by Nia Bennett and very small, but intense wire constructions by Nina Lazarou.

The show underlines a range of experience, depth and energy. Visitors should find it a simulating and enjoyable exhibition that ends on Thursday, September 29.

For more information and membership application links go to www.vogaartists.com.

Richard O'Connell, Chairman of Voga

Cantorion Pontyclun Choir gig

CANTORION Pontyclun Choir will perform at Pontyclun Athletic Club on October 7.

The concert will also feature Bois Goetre-Hen Male Voice Choir.

Tickets (£5) are available at the door or from Anne Williams Chemist or Pontyclun community shop.

Meet the strongmen at Sully Sports Club

SUPPORTERS of a young man from Rhoose who needs a new drug to treat a kidney disease are holding a strongman event, and a family fun day, at Sully Sports and Social Club, on Sunday, September 18, from 2.30pm to 11.30pm.

Barry's star boxers, Lee and Andrew Selby, will be making a personal appearance at the event, which will feature two well-known strongmen, Mark Jeanes and Nathan Szuchik.

During the afternoon there will be a tug of war competition* balloon races, face painting, stalls, a bouncy castle and the day finishes with a disco.

Funds raised on the day will go to help 18-year-old Benjamin Morgan-Brownhill of Rhoose, who is being treated for an extremely rare kidney disease C3GN/MPGN Type 1.

The family's renal consultant has said that his condition could be treated with a new drug that is not yet available on the NHS, and many local people are fundraising to help.

Donations can be made on *https://www.gofundme.com/a3zzehc4*

*There is still time to enter a team in the tug of war. The cost is £5, and there should be five in a team. Email *apriceonalife@gmail.com* to enter.

NEW FUND TO 'CELEBRATE COMMUNITIES'

OLDER people living at independent living scheme in the Vale are celebrating after receiving £2,000 of funding from the Big Lottery Fund 'Celebrate' programme.

Six out of 10 people surveyed, by YouGov for the Big Lottery Fund, say they cannot remember celebrating with their community. The scheme from the Big Lottery Fund (BLF) is to change this with grants of between £250 and £2,000 available for one-off events that celebrate communities.

Newydd Housing Association tenants have gained £2,000 from the BLF for a 'Welsh heritage-themed party' and awards ceremony to celebrate the hard work of tenants in their communities.

The celebration will include accolades such as 'neighbour of the year', 'commitment to social inclusion' and 'digitally-improved tenant' and an opportunity to dine with family, friends, staff and care providers.

Sandra Rehman, a tenant at Arthur Davis Court independent living scheme in Barry, said: "I think it's a marvellous idea; I'm so happy that Newydd has been granted this funding. It goes without saying that it's important to bring communities together but nobody gets together as much as they use to these days.

"I'm really looking forward to it and it will be great to get everyone together to celebrate!"

Gareth Williams, 'Celebrate' programme manager for BLF in Wales, said: "Celebrate is having a positive impact throughout Wales. Money is helping people across Wales to celebrate what's most important to them in a way that will bring them together to build stronger communities."

'Join me in the fight against dementia'

ACROSS the UK an estimated 850,000 people are living with dementia; 45,000 of these people live in Wales.

Alzheimer's Society's 'Memory Walk' will raise vital funds to support people with dementia, providing a wide range of help, including support workers, music sessions and dementia cafés.

Cardiff Memory Walk will take place on Sunday, September 11, Llanelli Memory Walk on Sunday, September 25, and Gwent Memory Walk on Sunday, October 9.

I will be walking for my dad and all of my friends whose loved ones have been affected by this cruel condition. As a family, we've received invaluable support from Alzheimer's Society so I'm really looking forward to taking part in Llanelli.

I hope people will be more determined than ever in signing up this year to join the fight against dementia. The money raised really will help make sure those affected can access essential services across Wales.

Rupert Moon, (Alzheimer's Society), Cardiff

Disability no bar to Llandow track day excitement

Mike Newman, founder and CEO of Speed of Sight, moments after driving into the record books by driving solo at 200.51mph in a Litchfield GTR. Mike is blind.

LLANDOW is no stranger to speed.

From its wartime days as a fighter operational training unit for eager young men keen to slip the surly bonds of Earth to its modern incarnation as a racing circuit, high-octane fuel seems to be in its DNA.

Llandow Circuit hosts track and experience days many times a year, but the event on Thursday, September 15 is a little different.

Speed of Sight, a registered charity, is bringing the track-day experience and the thrill of 'riding the ragged edge' to Llandow and people with disabilities in the Vale and Bridgend.

Open to those with a disability – either from birth or because of illness, an accident or other injuries, including war wounds, and be it sensory loss, physical impairment or cognitive issues – the charity gives people the chance to drive dual-control track-day cars.

Sarah Pegler, of Speed of Sight, explained: "The charity provides what some have said are life-changing driving experiences.

"We aim to re-unite those who have missed the thrill and enjoyment of driving in years gone by and to ignite those who have never had the opportunity to take part."

The charity was founded by Mike Newman, six-time Guinness World Record holder as the fastest blind man on the planet on land and water.

Formerly a bank manager, Mike broke his first land speed record on a motorbike, going on to achieve four more world land speed records in a car and more recently achieving the water speed record.

Speed of Sight is very much about what people can do, rather than about what they cannot.

Sarah continued: "The youngest driver we have had was six, while the oldest was 89, and we have a hoist to help people in and out of the vehicles.

"The experiences Speed of Sight can give people really can be life-changing."

Spaces on the grid are still available as are sponsorship opportunities for local businesses.

For more information, or to book, visit www. speedofsight.org or email info@speedofsight.org.

Lara-Clare launches 'Music at Lunchtime'

THE ever-popular 'Music at Lunchtime' weekly recitals at All Saints Church in Victoria Square, Penarth, return next Monday, September 12.

This year's autumn season has been extended to accommodate new performers who have asked if they could be included in the church's programme of concerts.

All concerts start at 1pm and last about an hour.

The season of music is launched next week by Lara-Clare Bourdeaux.

Lara is a soprano who attends the Opera Academy in Cardiff having graduated from the postgraduate vocal course at the Royal Welsh College of Music and Drama (RWCMD) last year.

On the Saturday following Lara's recital at All Saints, she will be performing an evening recital in Oxford entitled 'Shakespeare's Heroines in Aria and Song'.

The audience will be treated to a selection of items from that programme on the Monday lunchtime. Lara-Clare will be accompanied by Nicola Rose.

All Saints Church is happy to welcome other new faces over the next three months.

The Cathays Chamber Players include musicians who have not performed at All Saints before and will be performing works by Mozart.

The Scott-McNicholas Experience is made up of Sue Scott on piano and Steph McNicholas (vocals) and we look forward to hearing many favourite songs from the '30s, '40s and '50s.

The recitals also welcome Scott Baker to All Saints for the first time.

Lara-Clare Bourdeaux and Nicola Rose.

Scott is a classical guitarist who is another graduate of RWCMD and is taking regular bookings and looks forward very much to coming to Penarth.

We will also have the chance to hear music by artists who have played at the church before and never fail to please their audiences.

Entry to all recitals is free although many choose to show their appreciation by contributing towards a collection which goes into the All Saints Organ Restoration Fund.

Many concert-goers also choose to bring their lunch or a snack along and listen to the music in the gallery.

Teas and coffees are provided and the church is totally accessible to disabled people and a warm welcome is extended to everyone.

More information will be available on the All Saints website – www. allsaintspenarth.org.uk or from Dafydd G Jones, the parish administrator on 02920 703170 or admin@allsaintspenarth.org.uk.

DGJ

'Big Wednesday' for local Guides

The girls on Coney Beach, Porthcawl.

EIGHTEEN girls from 5th Barry Guides, 2nd Cadoxton Guides and 1st Rhoose Guides joined over 60 Girlguiding Cymru members at Gorwelion Guide Centre in Porthcawl for a week of 'Surf and Turf' from August 22-26.

The Guides attended the Girlguiding Cymru summer camp with their Guide Leaders where the girls from all across Wales spent the week camping out and discovering new sports.

There were lots of water-based activities to get the girls' hearts racing, including paddle boarding, kayaking and surfing. On the 'turf', the girls had the opportunity to try more sports including quad biking, tennis, golf, archery and football. When a break was needed from all the adrenaline, there were nature and beach-based activities to enjoy, too.

Gabby Doyle, Girlguiding Cymru's sports development officer, who organised the camp, said: "As part of our 'sport through guiding' project, we have given the girls plenty of opportunities to try adventurous and exciting new sports at our summer sports camp. The girls gained confidence and developed new skills as well as having lots of fun."

Alfie's Angels 'can inspire a nation'

GARETH THOMAS believes his 'Alfie's Angels' will inspire thousands of people to get fit by running the Cardiff University-Cardiff Half Marathon.

The rugby legend is currently training more than 100 women and men to get in shape for Wales' biggest half marathon on Sunday, October 2, for the second series of his hit television programme *Gareth Thomas: Alfie's Angels*.

All of his 116 'Angels', 113 women and three men, completed a 6.5-mile course starting and finishing in Cardiff Castle on Sunday to mark four weeks until race day.

The women and men taking part in the challenge have all been chosen because they are new to running and have never completed a half marathon before, but all are keen to use the event to improve their health and well-being.

Former Cardiff Blues and Wales star Thomas said: "Every one of my Angels has put in a tremendous amount of effort and can be very proud of themselves.

"When we started this journey a few months ago, many of the women could not run for one minute without stopping, now they have all completed half a half-marathon.

"I am confident all of them will finish the Cardiff University-Cardiff Half Marathon. It's not going to be easy but it will be a huge achievement for all of them.

"They have inspired me with the amount of hard work and determination they have shown and I'm sure they will inspire thousands of people across Wales.

"They show that you can achieve anything if you set your mind to it and I am so grateful to be a part of their journey."

The Angels will join more than 20,000 runners taking part in this year's Cardiff University-Cardiff Half Marathon on the 13.1-mile route around the capital.

Entry for the event closes at midnight on Sunday, September 11, with registration starting at £25 www.cardiffhalfmarathon.co.uk/register/

Go to the **The GEM** for the latest stories and breaking news...
www.barry-today.co.uk
www.cowbridge-today.co.uk
www.llantwit-major-today.co.uk
www.bridgend-today.co.uk
www.porthcawl-today.co.uk

Celebs and superheroes on Taff Trail for Ty Hafan

Matthew Pritchard and friends.

BATMAN, the Hulk and a caveman were just some of the colourful characters who completed Tŷ Hafan's Taff Trail Cycle Challenge from Brecon to Cardiff on Sunday (September 4).

A drizzly morning didn't stop more than 450 cyclists taking on the 52-mile challenge, which was sponsored by EE, along the picturesque route.

Former *Dirty Sanchez* star, Matt Pritchard, Ospreys winger Hanno Dirksen and Welsh DJ Neil Navarra were three of the participants who signed up for the fundraising event to support life-limited children and their families across Wales.

A keen supporter of Tŷ Hafan, Matt said: "It was a great, muddy day to start with, but you have scenery like the Brecon Beacons to look at and the safety of the Taff Trail to follow."

Many families supported by Tŷ Hafan also took part including bereaved dad, Lee Morgan, from Bridgend. His 10-week-old son died from a rare genetic muscular condition called SMA type 1.

He said: "I decided to sign up for the Taff Trail Challenge to give something back to Tŷ Hafan and to help other families who need their support.

"I didn't know about the charity until we had Ezra. It's not something you expect to happen, but I'm so glad we had Tŷ Hafan's support."

Mair Kinsey, interim events manager for Tŷ Hafan, said: "This was the 14th year of the challenge and we are so pleased that the public continually get on their bikes to help the families of life-limited children at our hospice and in communities across Wales."

It is estimated that the Taff Trail Cycle Challenge will raise £60,000 to help life-limited children and their families make the most of the time they have left together.

To register for Tŷ Hafan's next event – the Pendine Sands Rainbow Run on Saturday, September 17 – visit www.tyhafan.org.

Photographic club's assignment captures the Vale in Summer

IT seems no time since the beginning of July when we finished last year's programme and looked forward to 12 weeks of summer assignments, and our exhibition at the Vale Show.

Both lived up to high expectations with lots of members participating in our weekly photographic challenge and many more voting each week for their favourite image.

With the winner switching weekly between at least four members the final result came down to the wire before Peter Dennis won with a cumulative score of 474 points - well done Peter!

Despite mixed weather throughout the summer, the Vale Show was again very lucky and we had a great time promoting the club.

Hopefully this will result in lots of new faces at our regular Friday evening meetings.

Our invitation to 'pick the best image' was entered by almost 100 visitors and this year Andy Foyle's *Himalayan Poppy* and Mike Davies' *Elusive Hero*n came joint first.

The names of all those who picked either of the winning prints were placed into a hat, with congratulations to a resident of Llantwit Major whose winning ticket was rewarded with a John Lewis voucher. Thanks again to all those who took part on the day.

Here we are at the start of our new 'season' with the first meeting done and dusted and a completely new and very varied programme in place to take us through to the beginning of July next year.

The club meets at Ystradowen Hall at 7.30pm on Friday evenings and beginners, intermediates and experienced photographers are all very welcome, so why not pay us a visit? For details go to http://www.vale-photographic-club.co.uk/programme.html

Nick Thornton

***Andy Foyle's* Himalayan Poppy.**

***Mike Davies'* Elusive Heron.**

Vale Show exhibition.

Bridge Club results

THE results for the Vale of Glamorgan Bridge Club for September 5 are as follows:

Simultaneous Pairs: First, John Evans and Steve Burgoyne 69.58 per cent; second, Tony Ratcliffe and Julian Pottage 58.33 per cent; third, Alan Lewis and Terry Evans 57.50 per cent.

LE

War veteran meets AM

Stan Smith (seated) and 12-year-old Ellis Hinton meet Jane Hutt AM.

THE Barry at War Museum Group hosted its annual Wartime Weekend on September 3-4 at Barry Island Station.

Vale AM Jane Hutt attended the event and said: "There was a packed schedule at the Barry Wartime weekend event with a 1940s theme, including music, displays and home front items. I was very pleased to meet 90-year-old Barry war veteran Stan Smith."

Wartime Weekend at Barry Island turns on style with fashion show

'Angel sings the songs of the 1940s' – image by Glen Booker.

People visiting Barry Island were transported back to wartime Britain. Among the events was a fashion show.

IMAGES by ANDY WICKS and WORDS BY GLEN BOOKER

THE fifth Wartime Weekend at Barry Island Station was duly held on September 3 to 4.

The weather on the first day was not helpful, especially as it deteriorated as the afternoon progressed.

Sunday was near pefect for those dressed up in 1940s uniforms.

If Saturday was very good, then Sunday was too good for words!

The Barry at War Group and many others who supported and took part are well satisfied with way the weekend went.

Three cheers to them and bless them all, I say!

Over the two days we enjoyed songs of the 1940s from Arthur Cook from Devon and Angela Incledon from Barry, and on Sunday the marvellous local ladies choir Only Menopause Aloud – not forgetting the unmissable lively Lindy Hop dancers from Cardiff.

We had military vehicles in front of the station and on the middle platform; Emma the Sweety Lady in her converted horse box; exhibitions of military equipment and medals; sellers of jams and crafts; service charities Royal British Legion (RBL) and the Royal Air Force Association, RBL Bikers, and the British Heart Foundation; South Wales Armoured Group and their tanks and Paul Chick and planes and more.

At the heart of the event there were talks given by local historians Ron Powell from Barry Island, John Powell from Swansea and Alun Salisbury from Cardiff on aspects of WW1 and WW2, and a WW1 film, *Letters Home*, produced by Jaye Swift.

Knowing that I have surely missed out someone from this quick report, please check out the Barry War Museum website and find fuller reports there.

Thanks to all those who supported the Wartime Weekend in so many different ways – especially Bro Radio – and to those who were there in person!

Last word: many thanks to John Buxton who operates the Barry Tourist Railway,

Thanks also to Kath and all her hard working helpers without whom the event would not have been possible.

GLENN BOOKER

Wartime weekend is tinged with sadness after Eileen's death

LAST weekend's Barry at War event was tinged with sadness after the sudden death of Eileen Younghusband at the age of 95.

A remarkable lady, she published her first book, *One Woman's War*, at the age of 90, detailing her time in the 'War Room' during the Battle of Britain, plotting the whereabouts of attacking German planes.

The organiser of Barry at War, Glenn Booker, told The GEM: "On Saturday, we observed a minute's silence and the three flags were left at half mast as a mark of respect for Eileen Younghusband, who sadly passed away just before the weekend.

"Eileen was due to speak about her service during WW2. She will be greatly missed by her many friends here in Barry and nationally."

Eileen Younghusband settled in Sully when she retired, but she enjoyed an active retirement. Before her late career as an author, she had been a campaigner on health and education issues.

Following her debut as an author, she wrote two more books – *Not an Ordinary Life* (her autobiography) and *Eileen's War* (a reworking of her WWII experiences, aimed at a younger audience).

Eileen Younghusband with her first book.

Mr Booker said that the Barry at War Weekend had been well attended.

He said: "This year we introduced flag raising and flag lowering services to begin and end the day.

"These moving ceremonies were skilfully led by the Parade Marshall David Green and three superb cadets per ceremony. Rose played the bugle to add to the solemnity of the occasion."

GET BACK ON TRACK FOR THAT BRAND NEW START!

It's time to think about making some changes, improving your skills and qualifications, look for a new job or simply to improve your confidence and self-esteem.

The Vale Council Get Back on Track programme provides a wide variety of Courses right across the Vale of Glamorgan in partnership with other providers, including Communities First, Jobcentreplus, and Flying Start The courses are free to those eligible and a free crèche is provided at some centres.

There are a wide range of computer skills workshops on offer with the chance to learn the basic ICT skills that you will need in almost any workplace, or progress to further ICT courses in Excel, Web Design, Powerpoint or PC Maintenance.

You can gain an Agored, OCR or even an ECDL qualification.

Weekly workclubs throughout the Vale are available to support your jobsearch.

New courses in Hairdressing and Beauty, Childcare and Health, and Social Care are an ideal stepping stone to further education and training.

Whether you are looking for employment or volunteering opportunities, there are a range of short workwise courses in Hospitality, Customer Care, and Health and Safety while British Sign Language, Communication and Creative Writing will give you the skills you need and enhance your CV .

A programme of courses to support anyone with additional learning needs or those with an experience of mental health is also available.

Reading, writing and maths are essential skills that help you get on in work and life in general. If you want to improve your skills or if you don't have any qualifications, then this is the place to start.

Classes at all levels are available at the Vale Learning Centre.

You can start at any time and attend when it suits you, either day or evening.

For more information pick up a course list from Vale of Glamorgan Buildings of Libraries or on line at www.gbotfree.org or call Palmerston centre 01446 733762

TIM VAUGHAN RACING'S 'OWNERS DAY' – A GREAT CHANCE TO MEET THE TEAM

PHOTOGRAPHS by MIKE WILCOCK

ON Saturday, September 6, Aberthin-based racehorse trainer Tim Vaughan invited people from all over the UK to an annual Owners' Day at his Pant Wilkin Stables.

As you can see from Mike's photos , the day was a huge success, providing prospective investors and current owners with the opportunity to meet his fantastic team and to see the horses on parade.

Great British Skinny Dip participants go 'au naturel' at Monknash

The Great British Skinny Dip took place over last weekend and local participants went 'au naturel' at Monknash Beach. A spokesman explained that the idea was for people to go costume-less and raise awareness "of how many people's buttoned up attitude to the human body is causing them them to lead potentially unhealthy lives."

MESSY CHURCH

MESSY Church meets at Crossway Methodist Church on Monday, September 19, from 3.30pm.

With Harvest in mind, there will be messy crafts, Bible stories and fish and chips. To book a place, contact Deacon Sam on 01446 406262 or *deaconsam@live.co.uk*.

Messy Church is suitable for children of all ages and an adult must accompany children.

Appeal over fake £50 notes

SOUTH Wales Police is investigating an incident involving the use of counterfeit currency, which was passed at supermarket in Cowbridge.

Two incidents occurred – seven minutes apart – with the first at 4.50pm on July 10, 2016, where counterfeit £50 notes were used.

A police spokesman said: "If you have any information regarding this offence, or have been passed similar counterfeit currency, please contact police on 101, or contact Crimestoppers, anonymously, on 0800 555 111 quoting occurrence: 1600258491"

Conservative Leader's tribute to WWII veteran

COMMENTING on the sad news of the passing of World War II veteran and Vale resident Eileen Younghusband, South Wales Central AM and Welsh Conservative Leader Andrew RT Davies has paid tribute to her for the key role she played in stopping German rockets that devastated British cities.

Mr Davies said, "At just 19 years of age, Eileen Younghusband joined the Women's Auxiliary Air Force and used her remarkable talents to play a key role in keeping our cities safe from rockets that caused such danger and devastation.

"Without her vital contribution, far more lives would have been lost and the destruction would have been immeasurably worse.

"She was a true hero and an inspiration to us all – as we all enjoy the peace and freedom we so often take for granted we must all be truly grateful to her for the role she played in making this possible.

"What is truly incredible is that no matter what challenges faced her, she always stood up to them and took them on with enthusiasm, letting nothing get in her way.

"Whether it was keeping our cities safe during the War, completing a degree in her eighties or fighting for campaigns she believed in – she would never be fazed and would always stand tall."

"She will be truly missed in Sully, across the Vale and further afield, and I would like to pay tribute to her for the significant achievements that she made."

Barry man who served in every civic office

LOCAL historian Laurie Owen continues his look at Barry history, and reports on at the first Chairman of Barry District Council, who was also a successful timber importer.

John Claxton Meggitt born 1858 in Wolverhampton, and came to Barry in 1884 as the construction of the docks was just beginning.

His father Joseph was a commercial clerk in the timber trade, so it is likely that John, as a young boy of 15, would have worked with him in Shelton & Son's, the timber merchants alongside the canal in Wolverhampton.

Joseph's position must have been responsible and well-rewarded, as the family had a servant living with them as early as 1861.This early introduction would give him an insight into the workings of the business, but he could not have known at that stage where his future would lie.

When Joseph and Sarah Meggitt gave their first-born son the middle name of Claxton, this surely meant they were expecting great things from him and it's true to say that he did not disappoint them.

This quiet village in south Wales was destined to become a boom town providing opportunities for ambitious young men and with his knowledge of the timber trade, he left the comforts of home in England in search of a new adventure.

It is not known how John came to know an older native of Merthyr with the impressive name of David Sibbering Jones, but very soon 'Meggitt & Jones' were trading as timber merchants, initially operating from the Old Harbour, before moving to Cadoxton and then finally to the docks.

In 1887, John married Beatrice Mary Proger, daughter of prominent businessman John, a master plumber employing 17 men and also a town councillor living in Park Place, Cardiff.

The speed and scale of J C Meggitt's achievements were impressive indeed because since his arrival in Barry in 1884 as a young single man, he had immersed himself not only into building a business, but had also take a keen interest in the local community.

Initially, the interests of the town were controlled by the Local Board for the District of Barry and Cadoxton, then in 1895, at the first annual meeting of the new Barry Urban District Council, John was elected its chairman.

At various times he was chairman of the Public Libraries Committee, was one of the founders of the first reading rooms in Cadoxton, and a vice president of the Barry Cyclists' Club.

He was also chairman of many other committees, an elected Liberal councillor for Barry and Cadoxton, and a staunch non-conformist advocate of the Temperance Movement.

One of his finest achievements must be that in 1891 he bought a cottage at 34, Kingsland Crescent, and gave free use of the premises to the Barry Nursing Association. In the early days, it was only voluntary donations which paid the expenses and every year they lost money, until in 1896, the C H Bailey staff of the Tyne Engine Works agreed to donate one penny a week with the owner matching their contributions.

This gesture would soon lead to similar schemes from other workers on the docks. Finally by 1900, the urban district council were persuaded to help pay the costs out of the rates.

Sister Amy Evans was its first nurse, who later would become the superintendent of the new Accident and Surgical Hospital set up next door at No. 36 in 1895. Sadly, in 1898 after a disagreement, she resigned and set up a 'voluntary hospital for the destitute, sick and dying' at 161, Holton Road until moving opposite to a larger property in 1903. This building on the corner of Castleland Street is still referred to as the 'Amy Evans', by the older residents of town.

It should be remembered that John's initial act of generosity in purchasing the property for such a good cause, would eventually lead to the building of Barry Accident Hospital in Wyndham Street in 1908, which would serve local residents for many years.

As a businessman, he could also see the benefits of being a good employer and in 1895 he took 50 workers to Ilfracombe and on another occasion to Minehead on the P & A Campbell paddle steamer. In 1904, they went to Abergavenny with no mention of the mode of transport.

In 1898 as an alderman on Glamorgan County Council, he resigned and was re-elected by 507 votes to 56. As a JP he could be found dealing with criminals at court, but he was also one of the education enthusiasts of vision and high ideals, pressing for secondary education, and when Barry County School opened in 1896, John was a governor.

An interesting tale was recorded in 1902 at Barry Docks when the SS *Platea* with its large cargo of spruce for Meggitt & Jones, was offloaded in six working days, when the previous record was nine and a half days at Liverpool.

Records show that at various meetings, there would often be disagreements among the local politicians which would then lead to readers' letters in the press, much as we still enjoy today.

In 1891, John was living on Park Road in a large house which he named 'Seacroft', with his wife Beatrice, eldest daughter Dorothy, baby John Stanley and two servants, with his business partner a near neighbour.

On a personal note, my paternal grandfather learned his trade as a gardener to Lord Derby on his Fairhill Estate in Hildenborough, Kent.

Unfortunately, the death of his employer in 1908 led Charley Owen to make the major decision to start a new life as a gardener to a timber merchant in south Wales.

This journey with his wife Emily Jane and six young children from 'The Garden of England', would lead to a whole new generation of Welsh people born to an Englishman with a Welsh surname.

For reasons unknown, John had advertised in a newspaper in Kent and Charley, no doubt with a good reference from 'his lordship', was employed as a gardener to Mr Meggitt at 26 shillings a week.

As a matter of interest, Barry Council was paying gardeners 28 shillings a week at that time, but I imagine grandfather Charley was just pleased to be in employment again. By coincidence, the eldest son of Charley Owen would marry and later live at Meggitt Road at the Colcot.

By 1911, the Meggitt family consisted of eldest daughter Dorothy, first son John a timber clerk, Frank a scholar and second son, 15-year-old Arthur, away at Mill Hill Public School in London. In a further sign of the standing of this family, with Isabel Wakefield now their cook and chambermaid Minnie Maria Wakefield caring for their family needs, my grandfather would supply their fresh produce, grown in the extensive grounds of Seacroft.

The Barry Dock News reported in 1899 that John visited his cousin Jonathan in the USA, to aid his recovery from a health problem. While he stressed how wonderful were the sights, his overall impression was one of corruption, which thankfully did not occur in Barry.

He would later sail from Liverpool to Boston aboard the SS *Celtic* in 1928, followed by a journey to Niagara Falls in 1931 at the age of 72. A fine tribute to J C Meggitt appeared in the Western Mail in 1907, calling him a "pioneer of modern Barry, filling every available representative public position over an 18-year-period."

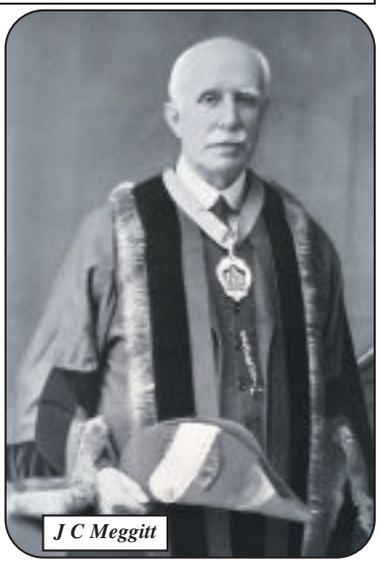
Failing health had caused him to resign as alderman some years earlier and soon after as a councillor, though he did remain a JP for many years. His name still appeared in the press over the years and he was always concerned with the education of children.

In 1919, he gave 7,000 primary school pupils an illustrated book entitled *World Tyranny or World Freedom,* so that they may know the true meaning of the First World War. His wife Beatrice Mary must have also been very active because in 1919, the Queen of the Belgians awarded her the Queen Elizabeth Medal for 'rendering much self-sacrificing service to the Belgian nation and its refugees' during the war.

What is interesting to me as a lifelong Barry resident is that as adults, we knew about Meggitt & Price on the docks, but actually it was not until 1965 that Meggitt & Jones merged with Thomas & Price to take on the new name.

As a fitting tribute for the tremendous contribution he made as the town was growing, when Barry became a Borough in 1939, John was elected 'The Deputy Charter Mayor' with The Right Honourable The Earl of Plymouth, P C, the 'Charter Mayor.'

John Claxton Meggitt 1858-1950: After a long and fulfilling life, he died in his beloved Seacroft in his 92nd year. After a service in Windsor Road Church, he was buried in Merthyr Dyfan Cemetery, with the request that there be no flowers.



J C Meggitt

New doctors recruited

Dr Matthew Jones

Dr Qian Chen

MORE than 300 junior doctors have joined Cardiff and Vale University Health Board this August as the Autumn induction programme gets under way.

During their time at the board, they will be working on various rotations including paediatrics, trauma, surgery and general medicine.

Matthew Jones from Somerset has been training for five years and decided to pursue a career as a GP in Cardiff after working both in Wales and England. His first day was in paediatrics, in which he will spend six months before rotating to the emergency unit to learn more about trauma.

He said: "I graduated from Cardiff University and thought I would come back to the hospital that I know reasonably well. It's a big hospital, it's a trauma centre, it's certainly somewhere where you would learn an awful lot of medicine or surgery."

Dr Qian Chen chose to come and work in Cardiff from Shanghai and said he was starting in surgery, but had an interest in paediatrics. He said: "Firstly, my seniors told me that Cardiff, and Wales in general, has a really good teaching programme for junior doctors, and everyone is really nice and supportive and you learn a lot here.

"Secondly – at the time – the junior doctor contract was quite a concern for doctors in England, so I think that is a big reason why many of us chose Wales this year.

"Thirdly, I was feeling quite adventurous myself and thought I'd never been to Cardiff or Wales, so I thought I would come here and explore."

St Fagans' free food fest features family fun, foraging and fly-fishing

TAKE some stalls showcasing the finest Welsh foods and drinks, add a healthy helping of history, mix it up with free admission and serve it all in a unique open-air setting!

This is what will be happening at St Fagans National History Museum over the weekend of September 10 to 11, from 10am to 5pm as the St Fagans Food Festival returns to tickle the taste buds.

Visitors can taste and buy produce from more than 80 stalls around the museum, buy bread and cakes baked in the bakehouse and try home-made pork sausages made with meat from animals reared at the museum.

From traditional Welsh fare to 'cutting-edge' cuisine and cheese to chocolate brownies and Welsh cider – there will be plenty of treats for everyone.

As well as whetting the appetite, there will be plenty of family friendly demonstrations and activities to feed the mind.

Share your family recipes with us at the Oakdale Workmen's Institute from 11am to 3pm on both days.

Drop in to Gwalia Stores to see what would be in a 1920s' shopping bag and how much it would cost. Meet members of the Great War Society to experience the life of soldiers and nurses during the First World War, but without the 'crump'.

Join Adele Nozedar, the 'Hedgerow Guru', on a tour to find out more about the range of edible plants in the gardens, or try your hand at fly fishing on the castle lakes with world champion 'castmaster' Hywel Morgan.

For more information, visit museum.wales/stfagan

Valeways walks

On September 10 at 2pm, 'Penblwydd Hapus Eglwys St Augustine', starting at the cliff top cafe, Penarth, CF64 5BP.

On Wednesday, September 14 at 10.30am, the Cosmeston Coffee Shop Strollers meet at Cosmeston Country Park visitor centre.

Also on September 14 at 2.30pm, the Llantwit Major Coffee Shop Strollers meet at Llantwit Major Town Hall car park.

On Thursday, September 15 at 10am, Crwydro Penarth, Gorsaf Reilfford, Penarth.

Beetle drive for roof

ALL Saints Church, Barry, is holding a beetle drive in the church hall on Friday, September 16 at 6.30pm.

Tickets are £4 for adults and £1 for children, with light refreshments included. There will also be a raffle. For tickets and information, contact David Ball 07704 350809. All proceeds will support the recently-launched roof restoration fund.

Samaritans go into schools for a new 'DEAL'

SAMARITANS Cymru has launched a pilot school partnership with eight secondary schools in Cardiff and Rhondda Cynon Taf.

All eight schools will be teaching a set of lesson plans developed and written by Samaritans for the next academic year.

The DEAL (Developing Emotional Awareness and Listening) teaching resources have been created to help prevent emotional distress in young people and break down barriers around talking about emotional and mental health.

The secondary schools involved in the pilot are Greenhill Special School, Cathays High School, Whitchurch High School, Fitzalan High School, Cardiff High School, Corpus Christi High School, Ysgol Plasmawr and Aberdare Community School.

Samaritans Cymru said that in the context of a reported increase in self-harm admissions, eating disorders and referrals to mental health services in Wales, their schools resource has been met with enthusiasm.

DEAL is designed to encourage young people to talk about their problems and help them to develop coping strategies, whilst learning to recognise when they need help.

Sarah Stone, executive director for Wales said: "With half of all mental health problems beginning by the age of 14, school years are the crucial opportunity to equip children and young people with the skills they need to face the future with resilience and optimism. Emotional health lessons in schools could reduce pressure on mental health services and reduce specific mental health problems."

Kirsty Williams, Welsh Government secretary for education, said: "It is vital we continue to do all we can to support children and young people who are experiencing emotional difficulties.

"I am therefore heartened to see this commendable collaboration between schools and Samaritans Cymru and pleased this valuable resource will be made available to others via 'Hwb', our digital learning portal."

The launch of their project arrives as The Children's Society's annual review of young people's wellbeing suggests that 13,000 girls in Wales aged between 10 and 15 – one in seven – were 'not happy' with their lives.

According to the survey, the number of girls stating they were unhappy has risen 21 per cent over the last five years. The proportion of boys aged 10 to 15 who reportedly said they were 'unhappy with their lives' remained at one-in-nine.

The bilingual web-based lesson plans are available to download for schools and educational settings in Wales through their website.

In addition, as part of the launch, the resources will also be available to download through 'Hwb', a collection of digital resources which have been created or endorsed by Welsh Government.

To find out more about DEAL or download the resources, please visit www.samaritans.org/DEAL

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LAW FIRM INVESTS IN BARRY AND BRIDGEND

The team at the new offices in Bridgend.

FAST-GROWING south Wales law firm CJCH Solicitors has reaffirmed its commitment to clients in the Vale of Glamorgan and Bridgend by investing in new and refurbished offices.

CJCH, a Wales top-20 law firm with headquarters in Cardiff, has more than 100 staff spread across its headquarters and offices in Barry and Bridgend.

The firm has now opened a new office in Dunraven Place, Bridgend, and has rebranded and refurbished its two offices in Thompson Street, Barry.

"This investment in Barry and Bridgend shows our continuing commitment to these areas," senior partner, Stephen Clarke said. "We have a new Cardiff headquarters and our international business is growing rapidly, but our commitment to the Vale and the Bridgend areas is equally strong."

The Barry offices are the base for a team of 20, and have been rebranded and refurbished to enable clients to access a full range of services.

The all-new Bridgend office incorporates Wales' oldest law firm, Gaskell and Walker, formerly of Park Street, and has a team of 14.

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KNIGHTS

ESTATE AGENTS • CHARTERED SURVEYORS

RICS

Barry (01446) 700222
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Commercial (01446) 709933

NEW

OPEN HOUSE
SATURDAY 10TH
SEPTEMBER
BY APPOINTMENT ONLY
BETWEEN
10AM AND 1PM.

Hellas Drive, Barry - £350,000
Four double bedroom detached residence situated on the highly desirable Highlight Park development enjoying panoramic views across the Vale of Glamorgan.

NEW

Afal Sur, Barry - £249,950
Three bedroom detached residence comprising; Entrance porch. Hall. Lounge. Dining room open onto modern fitted kitchen installed 2014. Utility room. Cloakroom. Conservatory. Driveway and garage.

NEW PRICE

OPEN HOUSE
SATURDAY 17TH
SEPTEMBER
BY APPOINTMENT ONLY
BETWEEN
10AM AND 1PM.

Tynewydd Road, Barry - £334,950
Four double bedroom detached residence set within generous gardens, situated in the heart of Barry. Renovated throughout to a high standard and offering ideal family accommodation.

Old Chapel, Barry - £345,000
Grade II listed detached chapel set within wrap around gardens with detached garage and bespoke accommodation. Comprising; Lounge. Music room. Kitchen/dining room with utility area. Cloakroom. Four bedrooms and family bathroom. Driveway and garage.

NEW PRICE

St James Crescent, Barry - £300,000
Four bedroom detached property comprising; Hallway. Three reception rooms. Conservatory. Kitchen/breakfast room. Utility room. Bathroom and en suite. Rear garden. Driveway and integral garage. Countryside views.

Waters Edge, Barry - £179,950
Two bedroom ground floor apartment comprising; Entrance hallway. Open plan living room and fitted kitchen. En suite shower room and bathroom. Secure, gated allocated parking. Sea views. NO CHAIN.

Glan y Mor, Barry - £116,950
Three bedroom ground floor apartment comprising; Communal hallway. Entrance hallway. Lounge/dining room. Fitted kitchen. Bathroom and en suite shower room. Waterfront views. NO CHAIN.

Llewellyn Street, Barry - £101,950
Newly refurbished three bedroom mid terrace property comprising; Entrance hallway. Lounge. Dining room. Modern fitted kitchen and ground floor bathroom. New flooring throughout. NO CHAIN.

NEW

John Street, Barry - £99,950
Three bedroom mid terrace property situated in the East end of Barry. Accommodation briefly comprising; Entrance porch. Living room. Kitchen. Ground floor bathroom. NO CHAIN.

Port Road East, Barry - £239,950
Three double bedroom semi detached property comprising; Hallway. Two reception rooms. Fitted kitchen. Sun room and Downstairs w/c. Large rear garden. Driveway for four/five vehicles. Garage.

Heol Miaren, Barry - £255,000
'Redrow' three/four bedroom detached residence comprising; Lounge. Dining room. Conservatory. Modern fitted kitchen. Utility room. Family bathroom. Enclosed, south facing rear garden. Driveway for two vehicles and converted garage.

NEW

Pontypridd Road, Barry - £279,950
Two/three bedroom detached bungalow comprising; Entrance porch. Hallway. Lounge. Dining room. Kitchen/family room. Utility room. Bathroom. Driveway. Garage. Large mature rear garden. NO CHAIN.

NEW

St James Crescent, Barry - £379,950
Well presented executive five/six bedroom detached residence situated in a cul de sac location within the sought after West end of Barry. Benefiting from views over farmland and open countryside. Offered for sale with no chain.

NEW PRICE

Barry Road, Barry - £229,995
Three bedroom semi detached property comprising; Hallway, Lounge, Dining Room, Lean-to/Summer room, Fitted kitchen, Family bathroom. Large, south facing rear garden. Driveway and Garage. Sea views to first floor.

Ty'r Sianel, Barry - £119,950
Two bedroom first floor apartment comprising; Communal hallway. Entrance hallway. Living room. Kitchen. Bathroom and en suite shower room. Gas central heating. Allocated parking and visitors' parking. NO CHAIN.

Cliffwood View, Barry - £315,000
Four bedroom detached bungalow set within a cul de sac location situated in the highly sought after Garden Suburb comprising: Hallway. Living room. Conservatory. Kitchen. Driveway and garage.

Coronation Street, Barry - £114,995
Two bedroom mid terrace property comprising; Two reception rooms. Kitchen/dining room. Two double bedrooms. Bathroom. Enclosed rear garden. Close to amenities and public transport.

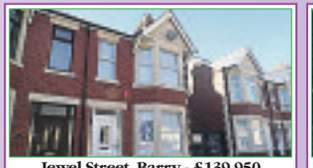
Bell Street, Barry - £128,000
COMPLETELY RENOVATED THROUGHOUT. Two bedroom mid terrace property comprising; Entrance porch. Living room. Modern fitted kitchen, downstairs w.c/utility room and first floor bathroom. NO CHAIN.

NEW PRICE

Verona Place, Barry - £86,950
Three bedroom mid link property situated in the East end of Barry. Accommodation briefly comprising: Entrance hallway. Downstairs w/c. Living room. Kitchen/breakfast room. Utility room. Shower room. NO CHAIN.

Butt Lee Court, Barry - £84,950
Two double bedroom first floor apartment with panoramic views across Barry comprising: Entrance hallway. Generous lounge/dining room. Kitchen/breakfast room. Two double bedrooms. Bathroom. NO CHAIN.

Colcot Road, Barry - £350,000
Spacious and beautifully presented three double bedroom detached residence, one of only three of it's kind and benefiting from many original features with architectural plans for a double storey extension. Large garden approx 300ft. Driveway and garage.



Jewel Street, Barry - £139,950
Traditional three bedroom bay fronted property situated in the heart of Barry. Accommodation briefly comprising: Entrance hallway. Two reception rooms. Kitchen. Downstairs family bathroom. NO CHAIN.

Park Road, Barry - £439,000
Well presented and maintained four bedroom detached residence situated on the fringe of Porthkerry Country Park within the sought after West end of Barry. Benefiting from an annex with living accommodation.

COMMERCIAL

FOR SALE

Palmers Vale Business Centre, Barry
£365,000 (FOR SALE)

The property is located on a secure multi-unit business centre, in easy access to Cardiff and M4 corridor. Property is benefitting from 6,000 SQ FT with a large concrete yard that is fully enclosed with fencing and two entrances. Unit comprising internal offices and large warehouse space.
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LEASE FOR SALE

Thompson Street, Barry
(Lease for Sale)
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on 01446 709933

NEW PRICE

High Street, Barry £159,950
Opportunity to purchase a three storey premises with a three bedroom flat above accessed via the shop. Enclosed rear courtyard with lane access.

84 HIGH STREET, BARRY CF62 7DX ✯ WWW.KNIGHTS.UK.COM

NEW
Gaspard Place, Barry
3 Bedrooms; 2 Receps; Conservatory
Large Family Rear Garden
Great Location And Lovely Order Throughout
£249,950 E54

NEW
Heol Gwerthyd, Barry
5 Bedrooms; 2 Receps; Study
Pristine Order Throughout
Large Private Rear Garden
£269,950 C73

NEW PRICE
Llwyn Y Gog, Rhoose Point
4 or 5 Bedrooms
2 or 3 Receptions
Stunning View/Improved Throughout
£269,950 D68

Chris Davies

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Beaconsfield, Romilly Road, Barry
2 Double Bedrooms With Robes
Sea Views; Modern Kitchen
Sea Views; Modern Kitchen. No Chain.
£109,950 C69

Holton Road, Barry
3 Bedrooms; 2 Receptions
Central Location; Good Size House
No Chain; Ideal First Purchase
£109,950 D63

Treharne Road, Barry
3 Bedrooms; 2 Receptions
Very Nicely Refurbished Throughout
Generous Size Rear Garden
£114,950 E45

Lydstep Road, Barry
3 Bedrooms
Very Well Presented Throughout
Modern Kitchen/Dining Room
£127,500 C73

NEW
Brookfield Avenue, Barry
2 Double Bedrooms
4 Car Parking/Excellent Order
Large Upvc DG Conservatory
£149,950 D60

Court Road, Barry
4 Bedrooms/2 Receptions
Meditteranean Style Rear Garden
Central Location/Excellent Order Throughout
£179,950 D64

Wenvoe Terrace, Barry
4 Bedrooms & Loft Room
25' Lounge; Dining Room; Kitchen
Large Garage; Sea Views; West End
£189,950 D57

Highlight Lane, Barry
4 Bedrooms; 3 Receps
Conservatory Sun Room
Excellent Order; Enclosed Rear Garden
£325,000 D67

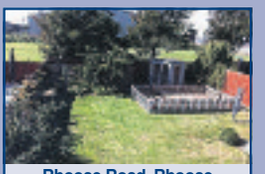
Thistle Close, Barry
3 Bedrooms; 2 Receptions
Kitchen/Breakfast Room
Walled Rear Garden
£194,950 D65

Station Road, Rhoose
Building Plot In Rhoose
Full Plans For A 2 Bedroom Detached
Central Rhoose Village Location
£80,000

Havant Close, Rhoose
2 Double Bedrooms; Sea Views
Large Living Room; Refitted Kitchen
White Bathroom & WC; No Chain
£99,950 D67

Castle Road, Rhoose
2 Double Bedrooms
Super Rear Garden
Can Be Sold Furnished
£114,950 C70

Fonmon Park Road, Rhoose
Lovely 3 Bedroom Semi
Improved Throughout
No Chain; Drive; Private Garden
£139,950 D64


Rhoose Road, Rhoose
3 Double Bedrooms
Large Rear Garden Backing Fields
3 Car Drive; Spacious 5 Piece Bathroom
£174,950 D61

Halley Court, Rhoose
4 Bedrooms; 3 Receptions
Conservatory; Family Kitchen
Upgraded; Double Garage; Sunny Garden
£299,950 D68

Maes Y Gwenyn, Rhoose Point
4 Double Bedrooms
Extended To The Rear
Exceptional Throughout
£315,000 D68

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Well Proportioned Accommodation
£325,000 C72

Bryn Y Gloyn, Rhoose Point
5 Bedrooms; 3 Receptions
Superb Conservatory; Jacuzzi Bathroom
Sea Views; Child Friendly Garden
£399,950 C71

Rhoose Road, Rhoose
5/6 Bedrooms; 2 Receptions
Grade 2 Listed; Large Gardens; Garage;
Long Drive; Period Features; No Chain
£450,000 E49

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C71. Band C.
£625 PCM.

Orellana House, Barry.
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Allocated Parking,
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C78. Band E.
£650 PCM.

Coed-Y-Felin, Barry.
Two Bedrooms,
Kitchen/diner, GCH.
D66, Band C.
£670 PCM.

Pontypridd Road, Barry.
3 Bed Semi Backing Farmer's Fields,
2 Receps; Ground Flr Shower Rm/WC,
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D68. Band E.
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Advertisers please note : deadline for Classified Section is 5pm Monday (to appear in the following week's edition). Telephone 01446 774484. email: vanessa.james@tindlenews.co.uk

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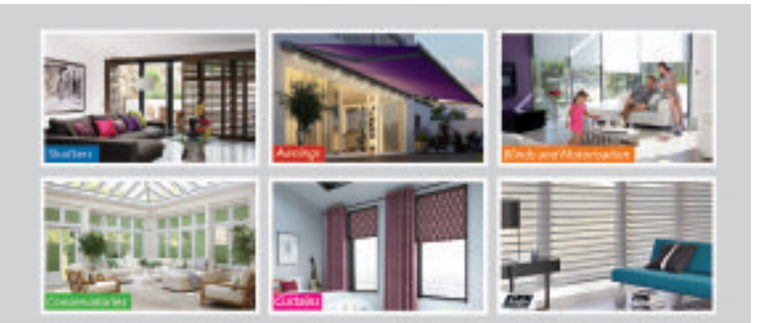

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LATEST NEWSPAPER SALES FIGURES!

The GEM	45,489	Dec 2015	Priceless
Barry & District News	3,929	Dec 2015	Paid 50p
Penarth Times	4,132	Dec 2015	Paid 50p
South Wales Echo	19,158	June 2015	Paid 65p
Western Mail	18,641	Dec 2015	Paid 80p
Glamorgan Gazette	9,094	June 2015	Paid 90p
Wales on Sunday	14,789	Dec 2015	Paid £1.50

The GEM's weekly figure includes door to door delivery and numerous popular outlets from Penarth to Porthcawl
Latest abc Data available
That's why advertisers continue to enjoy a positive response from us - The GEM is 'Priceless'!
Remember - we distribute over 45,000 complimentary copies of The GEM throughout the Vale, Bridgend & Porthcawl every week – packed with all the content that makes a community newspaper really worth reading!
(Figures correct as of April 2016)

Family Notices

BOSTOCK
James Frederick (Jim)

We regret to announce that James Frederick Bostock of Llantwit Major passed away peacefully on August 25. Dear husband of Betty and father of David and Paul.

Resting at W.A. Brown & Son, College Street, Llantwit Major until the funeral service on Monday, September 12 in Coychurch Crematorium at 2.45pm. Family flowers only but donations may be made to Age Concern c/o the funeral home (cheques only).

LLEWELLYN
Joyce (Née Spooner)

Peacefully on August 31, Joyce aged 82 years, beloved wife of Brynmor, much loved mum of Andrea and Glenda. Loved mother-in-law to David and adored nan of Nicole and James.

Joyce will be sadly missed by all her family and friends.

Resting at A.G. Adams & Son until the funeral service in the Chapel of Rest on Wednesday, September 14 at 11am, followed by committal at Cardiff & Glamorgan Crematorium. Family flowers only. Donations in lieu, if so desired, for Ty Hafan Children's Hospice c/o the funeral director.

MOFFATT
Helen Elizabeth

Suddenly on August 24 at her home, Helen, aged 36 years, much loved partner of Craig, devoted mum of Mia, dearly loved daughter of Graham and the late Gloria. Fantastic sister of Rachael, Claire and Jamie, loving step daughter of Liz, amazing aunty to Taylor, Tom, Holly and Dan and step sister to Anthony and Gareth.

She will be greatly missed by all her family and many friends.

Resting at the private funeral home of J.Pidgeon & Son, 539 Cowbridge Road East, Victoria Park, Cardiff until the service at Cardiff & Glamorgan Crematorium, Port Road East, Barry, CF62 9PX on Friday, September 9 at 11am (where friends please meet). Immediate family flowers only, please. Donations would be appreciated in Helens memory to Neonatal Intensive Care Unit, via www.justgiving.com/crowdfunding/HelenElizabethMoffatt

AMOS
Alan John

It is with great sadness that Pam and Russell announce that, after a long battle with Pulmonary Fibrosis, Alan passed away on the August 28 at the University Hospital of Wales, aged 78 years, with his devoted family at his bedside.

Alan will be greatly missed by all who knew and loved him.

Resting at The Vale Funeral Service, 181 Court Road, Barry until his service at Mount Pleasant Chapel on Wednesday, September 14 at 11.15am, followed by interment at Barry Cemetery. Family flowers only. Donations if desired may be made at the service to support Marie Curie Hospice, Penarth.

Black attire optional. For further enquiries contact Lyndsay Ellis, 01446 407962.

JONES
Dorothy (Dot)

Passed away peacefully on August 28 at UHW Cardiff, aged 90. Resident of Sully for most of her life.

Dot will be sadly missed by her family and friends.

Resting at James Summers and Son, Lavernock Court, Penarth until her funeral service at Cardiff and Glamorgan Crematorium, Port Road East, Barry on Friday, September 9 at 1pm.

Flowers if desired may be sent to the funeral home.

JACOB
Edna Louvain (Née Amos)

Peacefully at Llandough Hospital on August 30, aged 101 years, of Cartref, Porthkerry and Cadoxton. Beloved wife of the late Sydney, devoted mother of Maria, Barbara and the late Glenys, respected mother-in-law of Charles, Don and the late Norman. Cherished nana of her six grandchildren, eleven great-grandchildren and two great-great-grandchildren. Edna is survived by her sister Helen.

Funeral Wednesday, September 14, service at Luchana Mission, Cadoxton at 1.30pm, followed by interment at Merthyr Dyfan Cemetery.

Flowers and enquires to W.H. Preene & Son, 54 Main Street, Cadoxton (Tel 01446 420520).

FACKRELL
Patricia Ann

Passed peacefully on September 5, aged 79. Patricia was a devoted mother to Brett and Nikki, a much loved mother-in-law and grandmother.

Patricia will be sadly missed by all her family and friends.

Resting at Park Independent Funeral Directors until the funeral service at Gelligaer Church on September 14. The service will be followed by a burial at Gelligaer cemetery, followed by the wake at The Hollybush Inn, in Nelson. Flowers are welcome and will be much appreciated by the family.

McGHAN
Lewis

Sadly passed away on September 1, aged 30 years. A much loved son of Wendy and John, devoted daddy to his only daughter Darcie. Cherished brother to Marcus, Kirsty, Fraser, brother-in-law to Zhanna and Peter. So adored by his nieces and nephews Grace, Hugo, Theo and Florence. Dearly loved by his fiancée Vicki and Chase.

Funeral service at Cardiff and Glamorgan Crematorium, Barry on Wednesday, September 14 at 2pm. Family flowers only.

Our hearts are broken,
The gap can never be filled,
We will love and miss you forever,
You are never more than a thought away,
Sleep peacefully sweetheart,
Until we meet again.

Night, Night, Darcie xxx

In Memory

EMMA DAY

04/07/1973 - 07/09/2015

You always had a smile to share, time to give and time to care. The tears in our eyes we wipe away but the pain in our hearts is here to stay. Deep are the memories and precious they stay, no passing of time will take them away.

Love you always
Mam, Dad and Rachel *xxx*

Acknowledgements

FRANCIS
Peter Edwin

The family would sincerely like to thank everyone who came to Peter's funeral and for the cards and messages of sympathy.

Our special thanks go to the doctors at Cowbridge surgery, to the staff at Brocastle Care Home, Caring Companions and Cherish Cymru for the wonderful care and support given to Peter and Ann. Thanks also to Rev Heather Weddell and Andrew Thomas (Thomas Bros Funeral Directors) for the beautiful service and arrangements.

McCORMACK
Paul Augustine Martin

Moira and family wish to thank all family and friends for the overwhelming gifts of love, support, comfort, cards, letters and messages of condolence received during this sad time.

Many thanks to the Reverend Father Mark J. Rowles and Messrs. J.R. & M.F. David for organising the Requiem Mass and cremation. St. Patrick's Missionaries will include you all in their masses and prayers for one year at our request.

Thank you for generous donations made to The Salvation Army.

In Memory

THOMAS
Gwyn

4/5/1939 - 8/9/2015

I know a smile I would love to see
A loving face so dear
I know a hand I would love to hold
A voice I long to hear
I could try until forever
But I'd never find a way
To tell how much I loved you
And still miss you every day.

One year ago, always in my thoughts and missing having fun. Cath xx

Birthdays

90 ◆ 90 ◆ 90 ◆ 90 ◆ 90 ◆ 90 ◆ 90

Happy 90th Birthday

Trevor Glanville

He will be 90 on September 9, 2016

Lots of love, Jean, Alun, Linda, Gaynor, Liam, Andrew, Emma, Richard, Rachael and Greg *xxx*

• 50 • 50 • 50 • 50 • 50 • 50 •

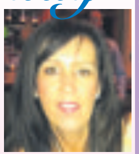
Wendy Short

Fabulous 50!

Happy Birthday

on September 10th

Love from all your friends at **The GEM** *xxxx*



Public Notice

PDC / APW PANEL DYFARNU CYMRU ADJUDICATION PANEL FOR WALES

HYSBYSIAD O BENDERFYNIAD

CYFEIRNOD Y TRIBIWNLYS:	APW/002/2015-016/CT
ATEBYDD:	Y CYNGHORYDD ROBERT CURTIS
YR AWDURDOD(AU) PERTHNASOL:	CYNGOR BRO MORGANNWG CYNGOR TREF Y BARRI

1. [illegible]
2. [illegible]
3. [illegible]
4. [illegible]
5. [illegible]
6. [illegible]
7. [illegible]
8. [illegible]
9. [illegible]

Llofnod: [signature] Dyddiad: 10 Awst 2016

Emma Boothroyd, Cadeirydd Tribiwnlys yr Achos
Susan Hurds, Aelod y Panel
Juliet Morris, Aelod y Panel

NOTICE OF DECISION

TRIBUNAL REFERENCE NUMBER:	APW/002/2015-016/CT
RESPONDENT:	COUNCILLOR ROBERT CURTIS
RELEVANT AUTHORITY(IES):	VALE OF GLAMORGAN COUNCIL BARRY TOWN COUNCIL

1. A Case Tribunal convened by the President of the Adjudication Panel for Wales has considered a reference in respect of the above Respondent.
2. In a letter dated 22 February 2016, the Adjudication Panel for Wales received a referral from the Public Services Ombudsman for Wales ("the Ombudsman") in relation to allegations made against Cllr Curtis. The allegations were that Cllr Curtis had breached the Vale of Glamorgan Council and Barry Town Council Code of Conduct by receiving a conviction on 27 May 2015 for common assault. Cllr Curtis touched the leg of a female with whom he was bird-watching in a bird hide on Sully Island.
3. In accordance with Cllr Curtis' wishes, the Case Tribunal determined its adjudication by way of written representations at a meeting on Monday 25 July 2016 at the Welsh Tribunal Unit Office, Wood Street, Cardiff. The Case Tribunal found by unanimous decision that Cllr Curtis failed to comply with the Vale of Glamorgan Council Code of Conduct and the Barry Town Council for the following reasons.
4. Paragraph 6.1 (a) of the Vale of Glamorgan Council Code of Conduct states that you must not conduct yourself in a manner which could reasonably be regarded as bringing your office or authority into disrepute. Paragraph 6 bullet point 1 of the Barry Town Council Code of Conduct states members must not conduct themselves in a manner which could be regarded as bringing the office of member or their authority into disrepute.
5. The Case Tribunal found that the conduct of Cllr Curtis in touching a female without her consent was unacceptable conduct. The Case Tribunal considered that the resulting criminal proceedings and the negative publicity surrounding those proceedings could be regarded as bringing the office of member into disrepute. The Case Tribunal concluded that Cllr Curtis' conduct had brought his office as member into disrepute.
6. The Case Tribunal considered all of the positive testimonials and evidence provided by Cllr Curtis of his work as a councillor. The Case Tribunal had regard to all the mitigating features of the case including the effect these proceedings have had on Cllr Curtis and his family and the steps he has taken to apologise. However, the Case Tribunal considered that in order to uphold public confidence in democratic institutions and maintain proper standards of conduct it was necessary in this case to suspend Cllr Curtis for a period of three months. The Case Tribunal considered that this period was sufficient.
7. Cllr Curtis should be suspended from acting as a member of the Vale of Glamorgan Council and Barry Town Council for a period of 3 months or, if shorter, the remainder of his term of office, with effect from the date of this notice.
8. The authorities and their Standards Committees are notified accordingly.
9. The Respondent has the right to seek the leave of the High Court to appeal this decision.

Signed: [signature] Date: 10 August 2016

Emma Boothroyd, Chairperson of the Case Tribunal
Susan Hurds, Panel Member
Juliet Morris, Panel Member

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Public Notice

MALCOLM STANLEY RUSSELL
(Deceased)
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Clarence Law as Attorney for the Personal Representative,
Heron House, Tetbury's Bridge Road, Stratford-upon-Avon CV37 9BX.

Lost

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Miss. Isamba Tausi Mwinyimbegu
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Public Notice

THE VALE OF GLAMORGAN COUNCIL
CYNGOR BRO MORGANNWG

Planning (Listed Buildings and Conservation Areas) Act, 1990
Town and Country Planning (Development Management Procedure) (Wales) Order 2012

Development that may affect a Conservation Area/ Datblygu a allai effeithio ar Ardal Gadwraeth

Application No:/ Rhif y cais: 2016/00809/FUL
Proposal:/Cynnig: Redevelopment to form 38 retirement apartments for elderly including communal facilities, access, car parking and landscaping
Location:/Lleoliad: Land to the rear of Westgate (East of Eagle Lane), Cowbridge
Conservation Area:/ Ardal Gadwraeth Cowbridge

Application No:/ Rhif y cais: 2016/00903/FUL
Proposal:/Cynnig: Installation of a wood burning stove with steel chimney and increase height of front boundary wall/fence
Location:/Lleoliad: The Stables, Squire Street, Llysworney
Conservation Area:/ Ardal Gadwraeth Llysworney

Conservation Area Consent / Caniatâd Ardal Gadwraeth

Application No:/ Rhif y cais: 2016/00833/CAC
Proposal:/Cynnig: Redevelopment to form 38 retirement apartments for elderly including communal facilities, access, car parking and landscaping .
Location:/Lleoliad: Land to the rear of Westgate (East of Eagle Lane), Cowbridge
Conservation Area:Ardal Gadwraeth Cowbridge

Application(s) of General Interest/ Ceisiadau o Ddiddordeb Cyffredinol

Application No:/ Rhif y cais: 2016/00809/FUL
Proposal:/Cynnig: Redevelopment to form 38 retirement apartments for elderly including communal facilities, access, car parking and landscaping
Location:/Lleoliad: Land to the rear of Westgate (East of Eagle Lane), Cowbridge

Application No:/ Rhif y cais: 2016/00927/FUL
Proposal:/Cynnig: Proposed conversion and extension of existing property to form ground floor commercial units with 10 self contained apartments at ground, first and second floors. On site cycle parking, and refuse storage facilities
Location:/Lleoliad: 33, Holton Road, Barry

May affect a Public Right of Way/ Gall effeithio ar Hawl Tramwy Cyhoeddus

Application No:/ Rhif y cais: 2016/00980/FUL
Proposal:/Cynnig: An agricultural building for the housing of cattle
Location:/Lleoliad: Land at the Lawns, Cwrt Yr Ala Road, Michaelston le Pit

Details may be inspected for 21 days at the address given below, or via **http://vogonline.planning-register.co.uk/**

Gall manylion eu harchwilio am 21 diwrnod yn y cyfeiriad a roddir isod, neu drwy **http://vogonline.planning-register.co.uk/**

Dated / Dyddiedig: 8 September, 2016

V. L. Robinson
Operational Manager,
Regeneration and Planning,
Vale of Glamorgan Council,
Dock Office, Barry. CF63 4RT

Wales coach Gatland gets the Lions call!

WARREN GATLAND has been named head coach of the British & Irish Lions for a second time for their tour to New Zealand next summer.

The Lions will play 10 matches on the tour, including three test matches against the All Blacks, and Gatland will be hoping to inspire the team to a series win, having been at the helm when they defeated Australia in 2013.

Gatland said: "It's a huge honour and when you get offered probably the biggest job in world rugby against the best opposition in world rugby, it's very difficult to walk away from it.

"It's massive, having experienced playing against the Lions I know what it means to face the Lions, so to go to New Zealand and lead the team against back-to-back world champions in their own back yard, there's no bigger challenge.

"We've got to go there and believe we can put together a team that can be successful."

Gatland will temporarily step down from his role as Wales coach and will be replaced by Robert Howley, who coached Wales to the 2013 Six Nations title when he replaced Gatland in similar circumstances when he was named the Lions coach for that year.

Gatland will name his backroom staff on December 7.

His appointment was welcomed by current Wales captain Sam Warburton, who said: "He brings experience and the fact that he's been on a winning Lions tour already."

Warburton also felt that Gatland's experience with Lions – as head coach in 2013 and as part of the backroom staff in 2009 – would stand him in good stead with the challenge ahead.

The tour, which has drawn some criticism for its scheduling, begins on June 3 where the Lions will face a provincial union team at Toll Stadium, Whangarei.

GARETH JAMIESON

'Speedwatch' volunteers target Vale motorists

'Community Speedwatch' volunteer Jane Mathias and PCSO Angela Stone monitor speed of traffic in the rural Vale.

NEIGHBOURHOOD police officers covering the rural Vale are helping to put the brakes on speeding motorists.

In almost every ward with the Vale, speeding motorists is a PACT priority and one of the most talked about issues.

PCSO Angela Stone said: "At a recent PACT meeting in Aberthaw, local residents said they were very concerned at traffic speeds. Officers will be targeting certain areas and will carry out enforcement operations in an effort to reduce speeds and promote safer driving.

"One successful local campaign by the villagers of Ystradowen has resulted in the installation of a pelican crossing. However, vehicles using the A4222 between Cowbridge and Pontyclun road are still travelling irresponsibly through the village."

Neighbourhood beat manager, PC Stuart Elson said: "We regularly get reports from across the Vale about speeding vehicles. It is a PACT priority in the majority of our wards.

"South Wales Police is committed to reducing road traffic collisions and keeping people safe. Speed enforcement is an import part of this. Local residents and motorists can expect to see an increased number of speed enforcement exercises in the area. It is time for drivers to slow down or face the consequences."

Renal research celebrated at Cardiff reception

RENAL research was celebrated at a recent reception in Cardiff, which saw kidney patients and medical staff joined by Kidney Research UK to highlight local success.

Wales was the first UK country to introduce a 'soft op-out system' for organ and tissue procurement. Ogmore Assembly Member, Huw Irranca Davies said: "On hearing this system is already recognised as being highly successful, it is good to hear that Wales is leading the way by supporting and recognising the advances being made in renal research.

Sandra Carrie, chief executive of Kidney Research UK, said: "Government support is needed to shore up the rich foundation of talent, knowledge and potential that Kidney Research UK has helped develop in the Welsh renal 'community' with strategic action so that we can improve the prospects for every kidney patient."

Cowbridge RFC leave it too late in away defeat

The first game of the season saw Cowbridge travel to Penygraig on a typically wet and windy day.

Last season Penygraig pipped Cowbridge home and away and this was a similarly close encounter. Fielding one the youngest teams for a long time, Cowbridge kicked off in the pouring rain and were soon on the scoreboard with a well taken penalty by fullback and acting captain Ben Wright.

Despite the appalling conditions, both sides showed plenty of enterprise with Cowbridge's Rhod Walker and Kieren David making the hard yards and Wright was just wide with a second penalty after a good up and under and take.

Despite some problems in the scrum Cowbridge looked the more dangerous side and a great rip from a maul by excellent No. 8 Dan Holder looked to send the backs towards the try line but the otherwise very good referee bizarrely gave a penalty.

Penygraig edged into the Cowbridge 22 and another penalty was converted to level the scores. With a couple of minutes of the first half led Penygraig took the lead with a second penalty. The half-time score was Penygraig 6, Cowbridge 3.

Cowbridge started the second half well and some deft handling by prop Craig Boxall almost resulted in a try, but it was the home side first to score with a third penalty from 40 metres.

Soon after a fracas ensued in the middle of the pitch resulting in a red card for a Penygraig second row for headbutting. Following the penalty a fine touchline burst by hooker Rhys Price took Cowbridge up to the 22, but Penygraig soon fought back to the Cowbridge line and desperate defence resulted in a yellow card for the aforementioned Price.

As the relentless rain continued and both teams down to 14, Penygraig camped in their favourite corner of the pitch and from a scrum drove over for the first try of the game.

Despite being back to 15 men and with some fresh legs on the field, the relentless mauling of the bigger home pack resulted in a second try this time converted. Despite an 18 point deficit Cowbridge's heads did not drop.

With the heavier Penygraig pack visibly tiring and a couple of crunching tackles by No. 10 Alex Guard, Cowbridge were soon in the home 22.

Following a couple of storming runs by substitute Geraint Thomas and a quickly taken tap penalty, a quick ball along the backs saw centre Pat George burst through near the post. Wright added the extras.

Despite a Penygraig foray into the Cowbridge 22 a loose ball was snapped up by scrum half Adam Dix who spun a superb pass to wing Zac Summerhayes who charged forward, chipping the ball into the 22, winning a lineout.

From the lineout the ball was tapped down to prop Dai Popham who managed to slip a pass to Rhys Price to slide over in the corner.

Unfortunately that was almost the last play of the match and the referee blew for full time leaving 29 exhausted players on the pitch and a final score Penygraig 21, Cowbridge 15.

Despite the conditions this was a thoroughly entertaining game. Cowbridge left it just a little too late to clinch a win.

It was great to see so many players available, especially from last year's successful youth team. Not enough room to mention everyone, but all the squad contributed, long may it continue.

Finally, mention must be made of Richard Killick who ran the line in such awful conditions, last seen as an extremely large puddle on the floor of Penygraig clubhouse!

This Saturday the firsts are home against Cefn Coed and the following Saturday we take on Llandrindod Wells at home in the first round of the prestigious National Bowl. On September 24 we travel to Wattstown.

Preceding the Cefn Coed game this Saturday is a very special occasion. Kicking off at 11.30am is an Army AAC XV against a Cowbridge XV, selected by friends of Tom Clarke.

Firstly the match ball will be delivered to the Athletic ground at 11.15am by helicopter – a spectacular start to what should be a memorable day, so get there early.

This should be a tough encounter with little given on the pitch but plenty of fun afterwards. The brave men and women of the Army Air Corps will be remembering one of their own. All present will remember Tom Clarke, a great friend.

After the game the teams and supporters will be available to lend support to the first XV in their match against Cefn. Refreshments will be available throughout the day. **RV/RK/JW-D**

Lisa and Bethany land gold at trials

LISA Lindsay from Llantwit Major and Bethany Jarvis from Llansannor travelled to the Sapey Horse trials, near Ludlow, in north Herefordshire on Sunday, September 4, to compete in the British Eventing affiliated Horse Trials.

The one-day event, comprising dressage, showjumping and cross country, was made up of 22 various jumps including various shaped and sized fences, hedges, ditches and a large water jump.

Lisa, competing in the BE80 Section O was riding Janis Allen's *Hello Dolly IV* and had a very good dressage score of 23.5 penalty points, a clear round in the show jumping ring and an excellent cross country round, finishing the two kilometre course neatly within the specified time limit and finished first in her class.

Bethany, competing on her own horse, *Freddie Lane*, in the BE80 Section N, had an excellent dressage score of just 18 points followed by a clear round in the show jumping and an excellent cross county round.

Pictured above are Bethany (on the left) and Lisa (on the right) with their winning rosettes and prizes.

Congratulations to both girls who travelled the six-hour round trip and were rewarded by winning gold. **PL**

Cadoxton Bowls Club round-up

THE president of South Vale Bowling Association, David Fanning, was invited by his own club, Cadoxton to commemorate his presidency with a match, at Victoria Park.

The game was completed with both sides enjoying an amiable afternoon of bowls, in good weather. Each side finishing with two winning rinks, but the president's team having a narrow lead with the aggregate.

Don Kuhnell skipped a successful rink against the President with a five shot advantage. John Jones was the skip against a strong rink from Romilly, and failed by the same score of five shots.

Gordon Davies skipped the other winning rink, the opposition coming from Millwood. Their two shot win did not cover the loss of nine shots by the rink on which Ceri Rossiter was a guest player and skipped by Howard Craven. The opposition came from Murch with Roger Mauchline as skip.

Scores: W Craven, G Davies, I Robertson, H Craven 15-24 M Warman, R Crouch, M Hughes, R Mauchline; R Morris, G Solomon, L Adams, G Davies 20-18 B Howcroft, R Gregory, A Evans, G Williams; E Heppenstall, J Pappoutsou, D Jeffries, J Jones 14-19 T Bloomfield, A Bryan, M Doyle, M Newman; J Stacey, A Field, R Byrne, D Kuhnell 19-14 D Fanning, K Chedgzoy, B Cheal, P Marks. Final score: 68-75.

CADOXTON A V MURCH A – CML 7

A makeshift Cadoxton team travelled to Murch, to finalise the 'A' side fixtures, with four players short.

As a result a 25 per cent penalty was administered. The outcome was a heavy defeat by the home side.

Scores: S Conway, I Heppenstall, G Davies 12-10 E Atkins, M Warman, D Perkins, I Robinson; J Stacey, S Clarke, D Fanning 10-20 D Letts, A Perry, A Croft, M Hughes; M Curtis, P Swannick, J Jones 8-19 C Garland, G Lane, C Savidge, G Russell; E Heppenstall, R Morris, R Byrne 5-20 R Huntley, B Frampton, D Davies, T Phillips. Final score: 35-69.

CADOXTON V ABERCYNON – CML 5

The weather was not ideal for playing bowls, but as the season was coming to an end, the decision to play was made.

The game was curtailed to the minimum of 15 ends before the bedraggled teams called it a day, with hosts Cadoxton coming out on top with a close victory, against Abercynon.

John Jones had the best result on his rink with Ewan, Johnny Pap and Derek all overcoming the conditions creditably.

After trailing 6-4 on the sixth end they completed the game without conceding another shot. Roy Harding's rink was closely contested with the scores level after 10 ends, and one shot behind with two ends left.

They were successful on both these ends. Howard Craven looked to be having an easy win leading 17-4 after 12 ends, but in a shaky finish seven shots were conceded in the final three ends.

Jim Stacey had his best game for a number of weeks, with good close bowls regularly, but end after end the opposing second nestled inside them, which could not be dislodged.

The outcome was a heavy defeat, but not enough to give the victory to the visitors.

Scores:W Craven, G Davies, I Robertson, H Craven 17-11; P Swannick, A Prince, D Brook, R Harding 12-10; E Heppenstall, J Pappoutsou, D Jeffries, J Jones 20-6; J Stacey, R Byrne, K Chedgzoy, D Kuhnell 6-21. Final score: 55-48.

CADOXTON V CYFARTHFA CASTLE – CML 5

Cadoxton finalised their league programme with a re-arranged game at Cyfarthfa Castle.

The previous day the green was flooded, so although it had drained it was still a bit soft. It was also covered with hundreds of dead worms caused by the flood.

Once again Howard Craven's rink led the way with a good result on his rink. They took the lead on the 3rd end and never succumbed throughout the game, although only managed to have success in one of the final five ends.

John Jones struggled to start with his rink, and trailed 10-3 after six ends. With 13 ends played they still trailed by seven shots, but a good recovery brought them to within two shots on the penultimate end. In a tense finish the home side managed to keep their loss on the final end to just one.

Roy Harding also struggled in the opening ends, with the advantage of 10-2 going to the home side, by the eighth end. A good period for the visitors reduced the deficit to two shots, after 14 ends. However the revival did not continue with just one further single added during the remaining ends.

Don Kuhnell's rink completed a bad weekend with another heavy defeat. Once again they were unable to reach double figures.

Although Jim Stacey continued his improvement, with excellent close bowls, the opposing lead continuously got the upper hand. The outcome was a third place in the league, so no promotion this year.

Scores: W Craven, G Davies, I Robertson, H Craven 24-15; P Swannick, I Heppenstall, D Brook, R Harding 11-22; R Byrne, J Pappoutsou, D Jeffries, J Jones 17-18; J Stacey, D Fanning, K Chedgzoy, D Kuhnell 9-24. Final score: 61-79. **DK**

Bowls club look towards finals day

ROMILLY Bowls Club are enjoying another successful season with both men's club and A sides among the front runners in both their leagues.

The club side are currently in second place in the First Division with one game left to play while the A side who are also in a similar position in the Fourth Division and have a chance of promotion for the second season running if beating Blaenrhondda away on Monday.

Romilly ladies have also joined the men's section by having a good season winning the LDR league.

Although the bowls season is coming to a close there is still a lot of bowling to be done especially this Saturday, September 10, when the finals of club competitions take place, the schedule as follows:

9.30am - ladies 4 wood novice singles - L Lafford v M Newland; ladies 2 wood singles - A Hort v N Goodrich; men's 4 wood pairs - A Bannister & D Bannister v K Mills & G Cogbill.

12.30pm - men's 2 wood singles - C Collins v A Bryan; men's 4 wood Mottram (novice) - D Mottram v A Bannister; ladies 4 wood H/C singles J Nobles v J McPherson.

3pm - men's 4 wood H/C singles - J Coles v A Bannister; men's 4 wood Tim Evans singles - M Doyle v D Bannister; ladies champion singles B Holmes v N Goodrich; men's championship singles - P Gershenson v G Cogbill.

Food will be available from 9.30am followed by a BBQ; the ladies pairs will be played on Thursday, September 8 between M Lalande &J Davies v J Noble & N Goodrich.

All presentations will take place at approximately 5.30pm at the clubhouse. **FP**

Barry & District League tables and results

CRIB DIVISION 1:

Moors Boys 7, Cadoxton Cons 8; West End Runaways 4, Wyndham Cons 11; Liberals 10, West End 5.

League table: Wyndham Cons 11, Liberals 10, Cadoxton Cons 8, Moors Boys 7, West End 5, West End Runaways 4, Rhoose Social 0.

SNOOKER DIVISION 1:

Rhoose Social C 1, Rhoose Social B 4; Services Social B 1, Savoy A 4; Wyndham Cons A 4, Penarth Cons A 1; Harbour B 3, Cadoxton Cons B 2.

League table: Rhoose Social B 4, Savoy A 4, Wyndham Cons A 4, Harbour B 3, Cadoxton Cons B 2, Penarth Cons A 1, Rhoose Social C 1, Services Social B 1, Cadoxton Cons Z 0, Penarth Cons B 0, West End C 0.

SNOOKER DIVISION 2:

Sully Sports A 3, West End A 2; Liberators 3, West End B 2; Savoy B 4, Cadoxton Cons A 1; Market Street B 1, Wyndham Cons C 4; Wyndham Cons D 1, Harbour A 4.

League table: Harbour A 4, Savoy B 4, Wyndham Cons C 4, Liberators 3, Sully Sports A 3, West End A 2, West End B 2, Cadoxton Cons A 1, Market Street B 1, Wyndham Cons D 1, Market Street C 0 (* = points deducted).

All league and cup fixtures and results at www.barryleagues.co.uk and on Facebook.

Search for 'barry leagues'. **JW**

Sully View kick off the new season

THE WRU formally approved, on August 31, the merger of Sully Sports RFC and Sea View RFC, and the club will now be known as Sully View RFC.

The newly-named team opened their season with a 23-10 defeat against Ferndale RFC.

In the absence, through injury, of newly-elected captain Ellis Smith, it fell to vice-captain Alex Szucknic to lead out the reformed team, which he did with great distinction on the pitch.

Despite the pre-season changes in playing personnel, Sully View started the game well, in terrible wet, blustery conditions, and led Ferndale at the interval by 10-7, with Dai Harris getting the opening try, and Chris Cummings adding the conversion and a penalty.

Ferndale, who just missed out on promotion last season, showed their class in the second period to score 16 unanswered points for a hard-won victory.

OLD PENS SECONDS 43, SULLY VIEW SECONDS 0

Pre-season injuries, and last minute withdrawals, severely hampered the selection of the Sully View seconds, and that together with the obvious consequences of merging players from two teams, meant that it took some time to find any understanding and rhythm in their play.

The well-organised, powerful Pens took advantage and scored an early converted try, but were then held by some resolute play until the last five minutes of the half, when, controversially thought some, the referee called 'play on' from a Pens knock-on on the Sully View 22, and the Pens ran in a try, followed in stoppage time by a converted try, the result of a good handling move from 50 metres out.

The Pens ran in three more converted tries in the second period to secure a well-earned victory, but the Sully View can take heart from their hard-working performance, which will improve as players gel and absentees return.

Our next reunion, will be a BBQ at the Sully Club, on Friday, September 9, starting at 7.30pm.

All players/members are most welcome, with a special invitation going out to all the current players who have now started the new season.

We will celebrate the memory of our player Tom, who died recently. **MJS**

Barry Athletic enjoy solid start to the season across all age groups

BARRY ATHLETIC Football Club have made a promising start to the 2016/17 season.

The men's Premier League team, coached by David Govier, have had two wins against Masons FC and Dinas Powis Athletic and drawn against Rhoose.

The pick of the 13 goals scored so far has been from Teejay Caton. Caton received the ball in his own half, danced through three Masons players and calmly tucked the ball into the bottom corner of the goal.

The First Division team, coached by Jeff Howells, have beaten Cadoxton Athletic, Dockers Reunited and Barry Belgrade in their first three outings following promotion from Division 2.

The highlight has been a free kick from just inside his own half from Anton Williams. After asking referee Jonny Miller if the free kick was direct, Williams spotted the Cadoxton Athletic keeper slightly off his line and drilled a long shot into the top corner of the net.

The club would like to thank Spartan Motor Factors of Broad Street, Barry and Nisa Local of Vere Street, Barry for their sponsorship of men's match day kits for this season.

Barry Athletic under-16s have also started the season well with a 3-1 win over Sully.

The under-15s start their season with a trip to Sully this week.

The club will be fielding mini football sides at under-11s, under-9s, under-8s, under-7s and under-6s when the mini season starts on September 17.

Gary Oxley, Richard Harris, Kenny Vaughan, Julian Brana, Gareth Fuller, Richard Johnson and Ryan Mackay have all been added to the already experienced coaching set up throughout the club.

The club return to the Athletic Ground on September 24 following the end of the cricket season where they entertain Sully Sports at 2pm. Entry is free and the bar will be open after the game.

The club are always seeking sponsors and match day volunteers. Individuals interested in groundsman duties or in IT/media are also being sought by the club.

For further information, please contact club chairman, Ady Gratton on 0772 2124759 or a.grat@yahoo.co.uk.

AG

Cowbridge Darts League round-up

ON Tuesday, September 6, the 2016-2017 season of the Cowbridge Darts League got underway - results will be reported in next week's GEM.

This year the number of teams has increased again and we have 10 teams competing, hosted by seven pubs.

The venues are: Edmondes Arms, Cowbridge; Farmers Arms, Aberthin; Llanharry Working Men's Club, Llanharry; Highwayman Inn, Nurston; Six Bells Inn, Penmark and new hosts this season the Red Lion, Bonvilston (hosting the team that last season played from the Old Post) and the Victoria Inn, Sigingstone (hosting a team new to the Cowbridge Darts League).

Next week, Tuesday, September 13, we have another full programme of league fixtures. The Farmers B hosts the Highwayman Inn, the Edmondes C hosts the Edmondes B, Llanharry hosts the Six Bells Inn, the Victoria Inn hosts the Red Lion and the Edmondes A hosts the Farmers Arms.

All matches start at 8.15pm and spectators are always welcome.

For further information, e-mail Paul at cowbridgedarts@gmail.com. Up-to-date information can be found on the website: www.darts.apsn.co.uk.

PJT

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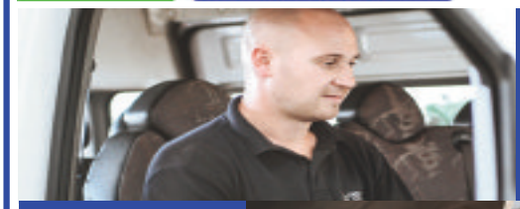

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LIFETIME ACHIEVEMENT AWARD FOR WELSH RUGBY LEGEND 'SID' DAWES

ONE of Welsh rugby's most iconic figures received a prolonged standing ovation when he stepped forward to receive an inaugural lifetime achievement award, at an emotionally-charged Cardiff Rugby Club on Thursday evening.

John 'Sid' Dawes, illustrious former captain of London Welsh, Wales, and the 1971 British & Irish Lions who won the epic (and only!) test series in New Zealand, was the first recipient of the award presented by the Welsh Rugby Writers' Association at its 42nd annual dinner.

It was handed over by his close friend and fellow '70s legend, John Taylor, who recounted how Dawes had transformed the Welsh style of play, both as player and coach, in a career packed with Grand Slams, Triple Crowns and championships during a golden decade – when Wales, with the likes of JPR, JJ, Merve the Swerve, Benny and Barry (who needs surnames still?), bestrode the rugby world with style and panache.

The evening, attended by past and present players, WRU and Welsh Regions' chiefs, and sponsors, also saw the first Lisa Burgess Women's Player of the Year award to Carys Phillips of Ospreys and Wales; along with Principality Premiership Player of the Year, Ronny Kynes (Ebbw Vale); and most promising player of 2016, Ellis Jenkins, of Cardiff Blues and Wales.

Not surprisingly, the main award of the evening, Welsh Player of the Year', deservedly went to the remarkably consistent Wales No 8, Taulupe Faletau, now of Bath, who seems destined to join the pantheon of all-time greats.

His award was received, in his absence, by retired Wales captain Ryan Jones, who quipped it was apt, given that he had been forced to act as a substitute for Toby at No 8 for the final two years of his playing career!

DON JOHN

The Vale of Glamorgan Football League round-up

IT was a busy week in the Vale League over the past seven days with plenty of action and a lot of goals.

Last Wednesday saw games played in the first and second division, as Cogan edged out rivals Sully 3-2, Barry Athletic B faced Dockers and Barry Belgrade played SP Billy with the home side in both games running out 4-3 winners.

Onto this past weekend and Premier Division action.

League leaders Vale United continued their impressive flawless start with a 5-0 win over Tynewydd, an impressive feat as Tynewydd held the best league defence across all three divisions last season, conceding only 22 goals all season.

St Athan got back to winning ways with a 3-1 west vale derby win over Cowbridge Town while Barry Athletic went second with a 5-1 victory over Masons Moving Group, which are still searching for their first point of the campaign.

Elsewhere, Rhoose and Island Marine played out a 1-1 draw while Penarth bagged a big away win at Dinas Powys Athletic, beating them 5-2.

In the first division it was a battle of Wednesday's winners and Barry Athletic B took the spoils over Barry Belgrade with a 5-2 victory.

Cogan and SP Billy played out a thrilling 4-4 draw while FC Pumas went goal crazy with an 8-3 triumph against Cardiff Airport.

The scoreline of 10-2 doesn't come along too often but like buses two came along at once as Dockers and Sully both won their games by that scoreline against Glenbrook and Cadoxton Barry respectively.

Division two saw Cadoxton Imps go top on goal difference with an 8-3 win over Rhoose B to continue their 100 per cent record.

Barry Saints kept their perfect start going with a 5-1 victory over third place Barry Albion. Penarth B get back on track with a 6-2 home win against St Athan B, as the away team failed to capitalise on a 5-0 win in the week, and BVFC continued their inconsistent form with a 6-2 triumph over Island Marine B.

This week sees a mixture of Barry Cup first round action and league fixtures for some teams who have received a bye.

Stand-out ties see Sully head to Penarth and Dockers go over the Island to play Island Marine: could we see a couple of upsets from the division one teams?

The two all-Premier Division ties see Barry Athletic play Rhoose and Tynewydd look for instant pay back as they host Vale United.

HD

Millwood try to end season *(but Mother Nature has other plans!)*

LAST week Millwood bowlers found themselves facing five games to be played so that the season would finish on schedule; however as we all know Mother Nature plays her cards and in the end only four were completed leaving the fixture against Pen-y-graig to be completed on Wednesday, September 9.

The week started with neighbours Romilly bringing a side to play the annual match for the Brian Oliver Trophy. The game got under way and after five ends Romilly were comfortably ahead 23-5, a position they were not giving up lightly, and as hard as the home side we could not dent the visitors' superiority on the night and they ran out worthy winners on the night and retained the trophy.

We look forward to our visit to Romilly next year when we will do our best to turn the tables.

On Wednesday the A side travelled to The Murch for a rearranged league match, the outcome of which could affect the teams' chances of promotion from Division 7.

The match started under overcast skies on a cool evening and after a strong effort from all rinks after five ends Millwood were leading 20-9.

However the next five ends set the tone for the rest of the match as at this stage Murch had reduced the deficit to five shots and at the end of a very closely fought contest Millwood managed to cling on to this advantage and ran out winners, 58-52.

Congratulations go to all players for a very enjoyable match played in the right competitive spirit.

On Friday evening the Millwood club side entertained Thomastown in a rearranged League 4 fixture; the game got under way and both sides got into their strides and after five ends scores were level at 15-15.

However over the next five ends Millwood eased into a 10-shot lead, but the visitors were not taking this lying down and over the next five ends reduced the deficit to three shots, thus setting up a nail biting last five ends in which Millwood managed to cling on to win by the narrowest of margins, 65-61.5, all players on both teams contributing to a very good game.

Saturday arrived (as did Mother Nature) with a deluge that lasted all day long but Romilly and Millwood bowlers decided that they could cope with the conditions, so out came the waterproofs and play commenced.

All rinks put in valiant efforts to maintain their standards but on this day, and in these conditions, it would prove impossible and with the home side winning heavily on two rinks and the visitors heavily on one - well done Alan Bumford - Romilly ran out convincing winners, 80-63.

A reminder for all club members that this weekend is club finals day and your support would be greatly appreciated by all finalists.

BH

Dinas Powys Golf Club: Ladies section

On July 31, the ladies held their 36-hole Club Championship between Carolyn Jones and Sue Bridle.

After 18 holes, Carolyn was in the lead, but Sue came back with some very steady play but eventually lost to Carolyn on the 31st hole.

Congratulations Carolyn on winning the Club Championship for the last two years.

On August 2, an 18-hole Stableford was held: 1st Vicki Ellison, 40pts; 2nd Catherine Roblin, 30pts.

On 9th August, an 18-hole Stableford: 1st Carole Reeves 31pts, 2nd Lisa Ryley 28pts on back nine from 3rd Ruth Yates. Also on August 9, a nine-hole Stableford: 1st Pam Warne, 2nd Terry Unwin.

On August 16, an 18 hole Stableford: 1st Sue Bridle 38pts, 2nd Audrey Harwood 32pts, 3rd Annie Blackburn 30pts. Also on August 16, a nine hole Stableford: 1st Dorothy Amery, 2nd Christine Nelms, 3rd Terry Unwin on back nine from Angela Thomas.

On August 23, an 18 hole Stableford: 1st Ruth Yates 34pts, on back nine from 2nd Sue Bridle 34pts; 3rd Audrey Harwood 30pts on back nine from Annie Blackburn.

On August 23, a nine hole Stableford: 1st Angela Thomas, 2nd June Jones.

On August 30, the Mary Nicholls Trophy Foursomes Medal: 1st Lisa Ryley/Ruth Yates 95 – 20.5 = 74.5 nett, 2nd Annie Blackburn/Sue Bridle 94 – 18.5 = 75.5 nett, 3rd Sian Smith/Maxine Hird 101 – 22 = 79.

Also on August 30, a nine hole Stableford: 1st Pam Warne, 2nd Angela Thomas, 3rd Kit Roblin.

RY

Tim's Fontwell winner

ABERTHIN'S Tim Vaughan landed the Winner Plant Hire Novices' Hurdle at Fontwell last Sunday with his five-year-old bay gelding *Canton Prince*, which, ridden by champion jockey Richard Johnson, came home nine lengths ahead of the favourite *Sir Toby* partnered by Sam Twiston-Davies.

Canton Prince, a winner of his previous start, was returned at odds of 9-2.

BRIAN LEE

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Delyth's *Kayclaire* wins by a head

The Vale's Delyth Thomas kept her fingers crossed when her *Kayclaire* and *Zayin Zamurai* dashed past the winning post together in the Wathba Stud Farm Cup at the Sheikh Mansoor Festival Arabian Horse Race meeting at Hereford.

Simon Walker on Kayclaire. *Photo by Debbie Burt.*

The finish was so tight that the judges called for a further photo-finish print which revealed that *Kayclaire*, who was ridden by champion jockey Simon Walker, had beaten *Zayin Zamurai*, partnered by Will Pettis, by a head.

Wales had more to celebrate when trainer Christopher Bull and rider Morgan Winstone scored with *Palma T* a winner in Holland.

She had raced for Stewart Shefras last season, but has been consistently making the frame in all her other races since moving to Bull's Tredegar yard.

Mr Bull said: "This is my first Arabian and she's the only horse we've got. She works on her own, though were very lucky to have the use of Dai Burchell's gallops. I started off pony racing on the Welsh circuit a long time ago now and I got into Arabian racing through Paul Beared and Delyth Thomas."

Winning jockey Winstone, from Pontypool, was clearly delighted with his first Arabian winner, saying: "So far I have only ridden for Chris but I'm hoping to get rides from other trainers."

GEORGE BEATS CHAMPION JOCKEY

George Blackwell, aged 17, who rides out for Aberthin's Tim Vaughan, landed a 14-1 winner for his guv'nor when winning the handicap hurdle at Southwell on 14-1 outsider *Dovil's Date* which came home 10 lengths ahead of the favourite *Nikki Steel*, partnered by champion jockey Richard Johnson.

Dovil's Date, a seven-year-old grey gelding, was backed from 20-1, so someone must have fancied it a little bit!

BRIAN LEE

Lee Byrne to lead S Wales Ironmen RL

FORMER Welsh Rugby Union and British and Irish Lions international Lee Byrne has been appointed director of rugby at South Wales Ironmen RL.

Byrne's appointment signals a new era for the club, which will play under the new name of South Wales Ironmen having competed for the past decade as South Wales Scorpions.

Sir Stan Thomas, the main benefactor behind Merthyr RFC's rise to the pinnacle of Welsh Club Rugby.

He, along with other members of Merthyr RFC and the South Wales Ironmen Board, have also announced the relocation of the club to new facilities at Wern Sports Park home of Merthyr RFC.

Byrne's arrival is one of a number of new additions including players from Australia, New Zealand and a returning Welsh Rugby League international joining ahead of the 2017 season.

Bowls club to hold international youth fixtures

BARRY Athletic Bowls Club are hosing a series of under-18s matches between Wales and England on Saturday, September 17, starting at 9.30am for the morning session.

There will also be a morning session starting on Sunday at 9.30am the following day (Sunday, September 18) finishing around lunchtime.

Come along and support these young bowlers. All are welcome. Car parking facilities are available at the club, which is situated next to the cricket ground on Barry Island.

CC

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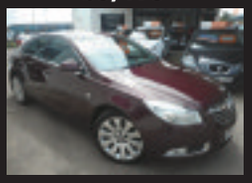

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13 **VAUXHALL Adam 1.4 Slam** In yellow and black, 1 owner, a/c, alloys etc **£6,795**

10 **VOLVO C30 R-Design 2.0 Diesel** In met grey, 68,000 mile coupe **£6,795**

61 **RENAULT Megane Coupe 1.5 Diesel Dynamique Tom-Tom Automatic** In met grey, 50,000 miles **£6,795**

61 **VAUXHALL Corsa 1.4SE Automatic** In met blue, 37,000 miles **£6,495**

11 **RENAULT Megane G.T Line 1.4 TomTom TCE 5-Dr** In met blue, Sat Nav, A/C etc **£6,495**

59 **MINI Cooper 1.6 Convertible** In pure silver, 68,000 miles ..... **REDUCED BY £500 TO £6,495**

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12 **FORD Fiesta 1.2 Zetec 3-Dr** In silver, 34,000 miles, alloys, A/C etc **£5,995**

62 **VAUXHALL Astra 1.7 CDTi Active 5-Dr** In graphite grey, 78,000 mile, diesel **£5,995**

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blackhorse

Barry shaken up by Dinas Powys RFC in season opener

AFTER the trauma of the previous week's friendly match in Lydney, when the Air Ambulance was called for a serious injury to one of the Barry players Mark Devine, it was back to business for Barry RFC last Saturday when they travelled the short distance to Dinas Powys RFC to play their first Division 2 East Central league match of the new season.

In weather which was more fitting for ducks rather than rugby, Barry started well by putting early pressure on the home side.

After around five minutes of play, some sterling forward play by the Barry pack saw the ball being fed quickly through their backs to wing Brad White, who ran in from 30 yards out to score the first try of the match. The conversion by full back Kyle Barros was successful and Barry had a seven point lead.

This early score by Barry seemed to activate Dinas Powys and, for the next 10 minutes or so, they came back strongly with the better part of the play during this period.

This resulted in a lot of pressure being put on the Barry pack and some defensive errors were made which enabled the home side to score their first try of the match following some sterling forward work of their own. With the conversion failing Barry were 7-5 up after only 15 minutes of play.

The heavy persistent rain made it very difficult for both sides to play attractive rugby and, for the remainder of the first half, the play was shared equally between the two sides. Twenty minutes into the game Barry were awarded a penalty which hit the post and unfortunately fell to the wrong side of the upright.

Minutes later Barry were caught offside in front of their own posts and the Dinas outside half made no mistake with the kick to give them a slender 8 - 7 lead.

Not to be outdone Barry fought back and were awarded a penalty themselves when the Dinas Powys backs were caught offside.

Full back Kyle Barros made no errors with the kick from wide out, and Barry were back in the lead at 10-8. From this point, until half-time, the play ebbed and flowed from end to end with both sides being awarded kickable penalties.

Both of these were successful, resulting in a half-time score of 13-11 in Barry's favour.

For the second half of the game, Dinas Powys had the majority of the play and could well have scored a couple of tries if they had not been kept out by a resolute Barry defence.

However, in their eagerness to defend, Barry became overzealous, leading to unforced errors being made.

This resulted in two further penalties being awarded to Dinas Powys for infringements, both of which were successful.

With the score at 17-13 to Dinas Powys and time running out Barry had to produce something quickly.

With the prospect of at least an unconverted try to win, Barry pounded the Dinas Powys line for the last five minutes or so of the match and went close to scoring a number of times.

Unfortunately for them, due to a combination of solid defence from Dinas Powys and some rather strange decisions by the referee, it was not to be, and the score stayed at 17-13 in the home side's favour.

There were three yellow cards shown in the match for minor infringements: one to Dinas Powys and two to Barry. Nonetheless, credit must be given to both sides for their conduct during the game.

Credit must also be given to both sets of supporters for sticking it out in the most horrendous conditions and lack of cover on the Common.

The club is pleased to report that Mark Devine has returned home from hospital in Bristol and is well on the road to recovery.

This week Barry entertain St. Peters at home, kick-off 2.30pm.

Last week's lottery numbers were 8, 10, 11 and 24 which failed to produce a winner - this week's jackpot will be £2,520.

CWH

Wolves have too much bite for Sully

IN conditions you would normally see in the winter months, Dinas Powys Wolves got their season off to a flying start with a win over Sully.

Bayley Harewood

Having a number of players unavailable through injuries and sickness they still proved to be more than a match for Sully.

Within four minutes the home side were two goals in the lead thanks to Booker and Harewood.

By the break, the game as a contest was over after debutante Rian Thomas had managed to find the net and further goals from Harewood and Booker had given them a 5-0 lead.

A special mention must go to young Harewood whose second goal was a spectacular bicycle kick.

Sully rallied early on in the second half but Frost, Lewis, Quest, and Williams with Morris behind them were in no mood to let them back in the game.

Fifield, Doughty and Booker gave the Sully midfield a good lesson in possession football as they managed to move the ball at pace in tight areas.

Harrison Kelly was unlucky not to last longer but a recurring hamstring problem meant he only played 20 minutes before leaving the pitch.

Jacob Pereira, another player who had been on his sick bed all week, put in a fine performance in the middle of the park.

Robson Mallam showed that he's a jack of all trades as he enjoyed a good performance high on the left.

Further goals from Harewood (to take his total to four) and two more from Rian Thomas to complete a debut hat-trick saw the home to team run out 9-2 winners.

LS

Dinas Ladies put in five-star performance

Playing their home matches at Jenner Park this was the opening home game of the season for Dinas Powys Ladies against a young but spirited Porth team.

Dinas didn't take long to settle as Taylor Page opened the scoring with a fine left footed strike from the left.

Rachel Beare increased the lead soon after latching on to Murray through pass slotting home with a neat finish.

Losing S Saunders, the home side showed their strength in depth as Jo Jones had a commanding game in the middle of the park.

Laura Murray thought she had scored a third after she struck a 25 yard pile driver that shook the bar following a great move involving three Dinas players.

At the break, the home side were reminded to keep doing the simple things right and allow the visitors little space. Porth pulled a goal back against the run of play and looked threatening on the break.

The game was over as a contest as the home side went back to basics and played their speedy forwards through time and time again.

Beare returned the favour to Murray who broke free to score the third. Jodie Bowles added the fourth as she struck a looping shot from just inside the box.

Dinas then rattled the bar as Beare hammered a header against the upright from a Gemma Crowley corner. Murray again struck the bar as she made space to fire against the wood work from 20 yards.

The fifth goal was coming, and the ever-willing Molly Chapman thought she was going to score, but hit her shot straight at the keeper.

Lara Lewis then broke free and, after the keeper made a fine save, she carried on her run to tap in from five yards.

Player of the match was L Pattermore who along with her defenders Ellison, Lewis, Hayley Imperato and Stephanie Garner-Joel, protected her keeper Lea Phillips throughout.

LS

Fine start for AFC Rhoose under-14s

AFC Rhoose under-14s started off their season in fine style with a 4-2 win over a strong Cowbridge Blacks side.

Rhoose piled on the pressure early and it was Ben Cope who calmly converted Kai Scurlock's superb cross.

Rhoose doubled their lead soon after when Ewan Heywood used his electric pace to race beyond the defence and find Iestyn Wills who coolly finished past the keeper.

Cowbridge continued to press up front and they pulled one back, but it could've been more had it not been for goalkeeper Ryan and the strong centre-back pairing of Kai Scurlock and Joe Parry.

Rhoose continued to play some fine football with terrific link up play between Kieran Daw and Rhys.J down the right wing and between the midfield workhorses Spencer Williams and Cole Clarke.

Rhoose added a third towards the end of the first half after some great work down the left from Tori Brendan-Ireland, Daniel Bacon scored a tremendous volley that looped over the keeper.

Rhoose finished off their route in the second half as super-substitutes Geraint Booker, Isaac McBride and Adam Schufflebotham continued to dominate in midfield with Stephen Williams working tirelessly up front.

It was Stephen Williams' through ball that found Kieran Daw's defence-splitting run as he placed the ball into the bottom corner.

Despite Cowbridge Blacks' scoring another, Rhoose came out victorious for a terrific start to the season.

DC

HEAVY LOSS FOR BARRY SECONDS

BARRY RFC second XV began their season hosting Clwb Rygbi at a rain-soaked Reservoir Field.

Coach Rhidian Scott and manager Ken Chow were forced to delve deep into the squad to find 19 fit players with the growing injury list.

Dan Gill and Frank Peake were handed their senior debuts, with Dylan Robertson, Mike Hamonda and Matt Williams all returning from long-term injury.

The hastily assembled Barry side were slow to adapt to the difficult conditions and it was no surprise that the visiting side took the initiative, forcing Barry onto the back foot right from the off.

With the line-out frequently harshly penalised by the referee, who did not do either side any favours throughout the game, Barry struggled to maintain any possession despite having the elements behind them in the first interval.

Instead it was Clwb who opened the scoring out wide with the conversion missed to go into the break 5-0 ahead.

With it all to do in the second half, Barry tried to play a tighter game and there were good carries from Jake Goodfellow, Dave Evans and Curtis Miller.

However, there was a lack of cohesion in the back-line and the hosts were unable to score the points that their endeavour deserved.

The home scrum was also creaking and that handed Clwb further initiative and they duly scored a converted try just before the hour mark to put them two scores clear.

With Robertson limping off after a recurrence of his knee injury, Barry's back-line was forced to reshuffle with the inexperienced Jamie Leech now at scrum-half.

That did not inspire an unlikely fight back as Clwb increased their lead with another converted try.

Barry defended stubbornly to the last, led by the back row of Thomas, Goodfellow and Miller, and to their credit stopped their visitors from gaining the bonus point try.

While this was a disappointing result in the opening weekend of the season, the young Barry side would have learnt a lot from this experience and hope to improve on their performance this weekend.

Barry travel next to St Peters after their midweek cup tie was called off as Cathays have withdrawn from the Mallet Cup.

Team: Gill; Hamonda, F Peake, G Peake, Leech; Robertson, J Williams (c); Hall, D Evans, Fortt; Rolfe, Jones; Goodfellow, Thomas, Miller. Replacements: Turnbull, M Williams, Clarke, E Evans. Man of the match: Miller.

KC

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Four goals, three points... the road to Russia starts here!

Wales too strong for Moldova after clinical and assured performance

by GARETH JAMIESON

Gareth Bale makes it 4-0 from the penalty spot.

Sam Vokes leaps high to head Wales into the lead against Moldova. ALL PICTURES BY HUW EVANS AGENCY.

THIS is rare territory for Welsh football. After all, we've become accustomed, over the last 50 or so years, to view the start of every qualifying campaign as 'the one', the time when best intentions become a reality and we finally make our mark by achieving qualification.

Of course, after the heroics of Euro 2016, that particular monkey has been removed from the back of Welsh football, but does lead to something that Wales' footballers have rarely faced – expectation.

Manager Chris Coleman was quick to point out last week that: "We've threatened before, promised everything and then delivered nothing. How many times have we finished strong at the end of one campaign and we say the next one is going to be the one? Then wallop, nothing."

Unbridled optimism would suggest that if we can reach the last four of the European Championships, surely there's nothing stopping us reaching the 2018 World Cup in Russia?

Well, aside from the new pressure of being top seeds in qualifying group D, there are also the likes of Serbia, Republic of Ireland, Austria and Georgia to contend with.

But first up for Chris Coleman's team were Moldova, who they entertained at the Cardiff City Stadium on Monday evening.

In a game that fans, management and players would hope would set the tone for the qualifying campaign ahead of them, Coleman added that: "... this first game - doesn't matter if it's home or away - you set your stall out, set down a marker. That's what we're going for."

Well that marker was laid down pretty forcefully with a convincing 4-0 win over a Moldovan side who looked painfully ordinary at times, yet had enough about them to frustrate Wales for the opening half hour of the game.

With such excitement sweeping the ground given that this was the first time the team had been in action since that Lyon evening against Portugal, momentum was certainly with the men in red, but it took them a while to get going, looking disjointed and lacking that final ball.

It's understandable, given their lack of time together and with the new season yet to truly bed in, but as the game wore on, so Wales began to look more assured and confident.

One thing they will need to get used to is teams coming to Cardiff and sitting back hoping to settle for a point; it was a tactic Moldova (arguably the 'minnows' of this qualifying group) were happy to utilise, their deep back line proving a tricky thing to break down with Wales resorting to long balls over the top to try and press home an advantage, which more often than not came to nought.

If Moldova needed reminding of their need to be tight defensively, notice was served when Gareth Bale whipped a free-kick from the right hand side in, which not only managed to evade the head of Sam Vokes but also narrowly the far post. But Wales were not to be denied, and the breakthrough came in the 38th minute.

It was Bale and Vokes again who combined, but this time the former's cross was met by the latter's head and Wales had the lead that they deserved.

It got better on the stroke of halftime when, after a poor clearance, the ball came to the feet of the impeccable Joe Allen who struck the ball through a sea of legs to double Wales' advantage and send them into halftime two goals to the good.

While Moldova's record of 14 defeats in their last 20 games made for grim reading on their part, the fact they had only conceded 26 goals over the course of those games showed how tricky they were to break down, making Wales' halftime lead that little bit more impressive.

The second half was there for Wales to take, and five minutes after the restart Bale benefitted from a lapse in concentration from a Moldovan defender and clipped the ball past the stationary keeper to further increase Wales' lead.

The game, understandably, then lost its edge somewhat – the Moldovans, beaten and just wanting the game to end, and Wales, assured of victory, lost some of their urge and intent, with constant chants from the ever-vociferous Canton Stand providing much of the entertainment.

But those who fancied an early exit to beat the traffic missed Wales' final goal; Bale was brought down in the penalty area, dusted himself off and converted the resultant spot kick to put the cherry on top of a confident team performance and move himself to within four goals of Ian Rush's goalscoring record of 28 international goals.

So, four goals and three points to set Wales off on the road to Russia, and, regardless of the opposition, a performance to build some momentum for the qualifying campaign.

While Bale was named man of the match, few would agree; whether it's the acceptance that Bale will always put in no less than 100 per cent or that we're just used to his feats of skill, the Real Madrid star's honour felt a little hollow.

It was in the midfield that you would have found a more suitable candidate, with both Joe Allen and Andy King (in for the injured Aaron Ramsey) imperious throughout and providing much of the team's attacking impetus, particularly in the early stages.

The defence was stoic when called upon, and both Sam Vokes and Hal Robson-Kanu (when called upon late on) looked sharp and complemented Bale in attack.

There were many positives to take from this victory (including the fact that this was Wales' biggest winning margin since 2003), but business picks up next month when Coleman's squad travel to Vienna to face Austria (who defeated Georgia 2-1 in their opening game).

A tricky tie certainly, but one that this squad will feel confident of performing well in, and where anything more than a defeat will be no doubt gratefully accepted.

Home advantage will be key in this group, and should Wales maintain their 100 per cent record at the Cardiff City Stadium, then picking up points on the road will only serve to tighten their grip at the top of qualifying group D, with Georgia the next visitors to Cardiff on October 9.

By then we'll know how smooth the road to Russia will be.

Gareth Bale (above) was named the official man of the match, but few would have argued had the honour gone to the imperious Joe Allen (below).

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